

**CONFERENCE PROCEEDINGS** OPEN ACCESS

## **SAMANVAYA 2022: International Conference on Integrative Medicine for Humanity and Wellness**

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The International Conference on Integrative Medicine for Humanity and Wellness is an annual gathering that gathers worldwide professionals, researchers, practitioners, and enthusiasts dedicated to exploring and promoting integrative approaches to health and well-being. The conference serves as a platform for sharing cutting-edge research, fostering collaboration, and advancing the understanding and application of integrative medicine.

Integrative medicine is an interdisciplinary field that combines conventional Western medicine with complementary and alternative therapies to achieve holistic and patient-centered care. This approach considers the physical aspects of health and incorporates mental, emotional, and spiritual dimensions. The overarching goal of the International Conference on Integrative Medicine for Humanity and Wellness is likely to contribute to the evolution of healthcare by fostering a comprehensive and collaborative approach to healing—one that recognizes the interconnectedness of various aspects of human health and embraces the diversity of healing traditions from around the world.



Chief Guests Dr. HR Nagendra

In observance of the International Day of Yoga 2022, the Department of Integrative Medicine at Sri Devaraj Urs Academy of Higher Education & Research in Kolar orchestrated a notable event. "SAMANVAYA 2022," an international conference focusing on integrative medicine for humanity and wellness, was organized in collaboration with esteemed partners, including SVYASA Bengaluru, ICMR-NITM Belagavi, and KAHER's Sri BMK Ayurveda Mahavidyala, Belagavi. This groundbreaking conference unfolded in a hybrid format from June 21st to June 24th, 2022, with the endorsement of the Inter-University Center for Yogic Sciences (UGC) in Bengaluru.



Inauguration\_ Lighting of the Lamp



Address by Pro-chancellor



Presidential Address by Vice chancellor

The inauguration of the conference was officiated by a group of esteemed officers from the institute and members of the management team. Scientific sessions [Table 01] started with Dr. Vinutha Shankar, the Head of the Department of Physiology at SDUMC Kolar, gave an engaging talk on the health benefits of Yoga, especially for the geriatric population. Yoga can improve flexibility, strengthen muscles, improve balance, reduce stress and anxiety, and promote overall well-being. Following speaker Dr. Veda Prakash Mishra, Pro-Chancellor, Datta Meghe Institute of Medical Sciences, Wardha, in his keynote address titled "Integrative Medicine and its Scope in Modern Era."

Integrative medicine is a holistic approach to healthcare that combines conventional Western medicine with evidence-based complementary and alternative therapies. It focuses on treating the entire person - mind, body, and spirit - rather than just the symptoms of a particular disorder or disease. With the increasing demand for personalized and patient-centered care, integrative medicine has gained popularity in the modern era. Followed by Dr. Prabhakar K, Prof. in the Department of General Medicine, SDUAHER, Kolar spoke about the benefits of Yoga in managing non-communicable diseases, which has opened up new avenues of research in modern medicine.



Dr. Vinutha Shankar



Dr. Veda Prakash Mishra



Dr. Prabhakar K

Yoga has gained popularity worldwide in recent decades due to its ancient roots and increased evidence base. It has the potential to help manage conditions like diabetes, hypertension, cancer, and other chronic diseases. Following speaker Dr. Muninarayana C, Professor in the Department of Community Medicine, highlights the

importance of community yoga and wellness programs as a public health challenge. These programs promote physical activity, stress reduction, and social connectedness. Community leaders, healthcare professionals, and policymakers are crucial in promoting and sustaining these programs. Dr. Suman Kolipara, President & Co-Founder, Peace Tree Innovations Society, Vancouver, Canada, enlightened the audiences about "Samanvaya with Sookshma Antidote for Analysis and Paralysis." He articulated his perspectives on meditation as a means to attain balance across physical, mental, and spiritual dimensions. Furthermore, he provided a practical demonstration of Sookshma meditation, marking the conclusion of the sessions on the first day.

The second day of the scientific session began with a keynote speech by Dr. H. Lucy Guest (also known as Dr. Divya Prabha), Co-Founder of Yoga Mission in the United Kingdom and the International Chandramauli Charitable Trust in Varanasi, India. She emphasized how Patanjali Yoga Sutras can be used in modern times to manage stress and control the mind. Dr. Mohan Reddy, Professor and Head of the Department of Psychiatry at SDUMC, Kolar, talked about the role of Yoga in stress management and how adopting Yoga and meditation can help us change our lifestyles to avoid psychological disorders. The following speaker, Dr. Jagmohan S V, Assistant Professor and Head of the Department of TB & CD at SDUMC, Kolar, spoke about the benefits of Yoga in respiratory disorders and explained how pranayama can improve respiratory health.



Dr. H. Lucy Guest (Dr. Divya Prabha)



The late afternoon session began with a panel discussion that included experts in the field of research, traditional medicine, and conventional medicine. After his session, Dr. Banappa U, Scientist E, ICMR-NITM, Belagavi, moderated the session. At the same time, the panelists were Dr. Raveesha A, Professor & Head, Department of General Medicine, SDUMC, Kolar, Dr. Hemanth Bhargav, Asst. Professor, NIMHANS, Bengaluru, Dr. Patil N J, Assoc. Professor & Head, Department of Integrative Medicine, SDUAHER, Kolar, Dr. Suresh T N, Professor, Dept. of Pathology, SDUMC, Kolar, Dr. Balaram Pradhan, Deputy Registrar, Assoc. Professor, Division of Yoga and Physical Sciences, SVYASA, Dr. Harsha Hedge, Scientist E, ICMR-NITM Belagavi, and Dr. Manish Barvaliya, Scientist E, ICMR-NITM Belagavi, India. The discussions encompassed the amalgamation of traditional medicinal practices with contemporary modalities, the propagation of yoga in rural settings, the critical emphasis on evidence-based research initiatives in yoga, the reconciliation of traditional healing methods with modern medical approaches, and the utilization of yoga as a therapeutic intervention in modern medical practices.<sup>2</sup> The scientific sessions of the second day were brought to a close with the recitation of the Shanti mantra.



Dr. Kashinath Samagondi

The event's third day began with a keynote speech by Dr. Shivaram Varambally, the Head of the Department of Integrative Medicine at NIMHANS Bengaluru. He emphasized the importance of training the brain and the benefits of generic yoga modules and mechanism yoga, with research evidence to support his claims. The subsequent speaker, Dr. Prashant Gupta, an Associate Professor in the Department of Kaumarbhritya at the All India Institute of Ayurveda (AIIA), New Delhi, delivered a discourse on "Swarnaprashan." Dr. Gupta elucidated the diverse spectrum of benefits associated with Swarnaprashan, encompassing its

role as a general health promoter and its specific contributions to enhancing cognitive function, digestion, metabolic processes, immune response, physical strength, skin complexion, and fertility. Furthermore, he underpinned his statements by presenting empirical evidence from research to substantiate the efficacy of Swarnaprashana. Following him, the next speaker, Dr. K J Malagi, a Professor at the Department of Integrative Medicine at SDUAHER in Kolar, spoke about the significance of wellness in contemporary society and delineating ancient Ayurvedic methodologies to attain it. Finally, Dr. Kashinath Samagondi, an Associate Professor at the National Institute of Ayurveda in Jaipur, spoke about strategies on how humanity can sustain itself and effectively combat the ongoing pandemic.



Dr. Padmini Tekur

Later, Dr. Padmini Tekur, Associate Professor at SVYASA University in Bengaluru, enlightened the audience about stress, stressors, stress responses, and how to overcome stress in the present era. At the end of the day, Dr. Satyam Tripathi, Director of Union Yoga Ayurveda in Singapore, spoke about integrating traditional medicine for wellness.

On day four of the event, the keynote address was delivered by Dr. Gopinath K, a Padmashree awardee and the Head of R L Jalappa Institute of Oncology, Kolar. His talk focused on using Yoga for cancer management. He emphasized that contemporary medicine often overlooks the significance of the mind in treatment. Incorporating yoga into the management of cancer will cater to the holistic needs of the patient.



Dr. Gopinath K

He also shared the research evidence in this area. The next speaker was Dr. Suhas Kumar Shetty, the Principal and Medical Director of Sri B MK Ayurveda Mahavidyalaya in Belagavi. He spoke about the role of Yoga and Ayurveda in promoting mental health.

The valedictory proceedings commenced with Dr. R Nagarathna, the Chief Guest and Medical Director of Arogyadhama, S-VYASA, Bengaluru, delivering an address to the audience. Dr. R. Nagarathna underscored the pivotal role of integrative medicine as a prospective paradigm in wellness. She elucidated the substantial body of evidence supporting the efficacy of Yoga as a formidable tool in the



Dr. R Nagarathna

management of diverse diseases. Following this, Dr. G Pradeep Kumar, Vice-Chancellor of SDUAHER, presented the presidential address, elucidating the integration and significance of Yoga with Ayurveda in the contemporary era. The conference culminated with the rendition of the National Anthem.

### Prepared by

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# **“Yoga for Health and Wellness”: Conference held on 9th International Day of Yoga - 2023 at Kolar**

## **Preamble**

In a world fraught with challenges, such as wars, pandemics, and the relentless burden of stress, it has become increasingly evident that our physical and mental wellbeing are of vital importance. Safeguarding these aspects is essential for the prosperity and thriving of our communities. Amidst the struggles, one practice has emerged as a powerful tool for leading a well-balanced and healthy life—Yoga. In the face of numerous adversities, it has become clear that maintaining our physical and mental wellbeing is paramount. The pandemic, in particular, has shed light on the crucial role these aspects play in our lives. When we prioritize our health and nurture our bodies and minds, we are better equipped to handle the challenges that life throws at us. Despite the tremendous advancements in technology and healthcare, modern medicine continues to grapple with the prevention and management of non-communicable diseases (NCDs). These diseases, encompassing cardiovascular disorders, respiratory issues, cancer, obesity, and diabetes, pose a significant burden on individuals and societies alike. In fact, it is estimated that the cumulative cost of NCDs will reach a staggering \$47 trillion by 2030. Amidst this health crisis, it has become increasingly important to prioritize the health of our mind, body, and spirit. Yogic concepts offer a powerful means to strengthen and improve our overall health, enabling us to better cope with stress and the challenges we face. Yoga, one of the most popular evidence-based mind-body practices in the modern era, combines postures, breathing techniques, relaxation, mindfulness, and healthy lifestyle choices.

## **Introduction**

Yoga, with its roots in ancient Indian traditions, has evolved over the past few decades from a customary practice to a widely recognized technique for holistic wellbeing. The practice of yoga encompasses physical postures (asanas), controlled breathing (pranayama), meditation, and ethical principles. Its core philosophy revolves around achieving harmony between the mind, body, and spirit.

Extensive research has highlighted the myriad benefits of incorporating yoga into our lives. Regular practice of yoga has been shown to improve cardiovascular health, enhance respiratory function, reduce stress and anxiety, promote mental clarity, boost immune function, and even assist in weight management. Furthermore, studies suggest that yoga may have the potential to alter the course of certain diseases, providing a complementary approach to modern medical treatments. The integration of yoga into modern medicine marks a significant paradigm shift. As the popularity of yoga grows in Western society, medical professionals are recognizing its potential as an effective integrative medicine approach. Yoga's holistic nature aligns well with the principles of integrative medicine, which emphasizes treating the whole person—body, mind, and spirit. In a world that demands our constant attention and energy, it is vital to recognize the significance of our physical and mental wellbeing. The practice of yoga offers a holistic approach to achieving balance and cultivating good health. By integrating yoga into our lives, we can harness its transformative power and pave the way for a healthier, happier future.

International Day of Yoga (IDY) won't just mark a day in the calendar of cultural events, but it has to mark a revolution in the way we perceive and approach health and well-being. To commemorate 9th IDY, Department of Integrative Medicine of Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER), Kolar, Karnataka, India, in association with Sri Devaraj Urs Medical college organized a conference on 20th & 21st June 2023 at the Silver Jubilee Auditorium of the academy with the theme “Yoga for Health and Wellness.”



The conference commenced with the esteemed presence of Dr. Ahalya Sharma, Vice-Chancellor of Karnataka Sanskrit University, Bengaluru, Dr. Alex Hankey, Professor Emeritus at MIT Pune, India, Vice Chairman SDUET Shri. Rajendra, Advisor SDUAHER Dr. Chandrashekhar Shetty, Dr. D.V.L.N Prasad, I/C Vice-Chancellor & Registrar SDUAHER, Dean Faculty of Medicine, and Dr. Prabhakar, Principal of Sri Devaraj Urs Medical College (SDUMC) in Kolar. Dr. Dayanand.C, Dean Faculty of Allied Health & Basic Sciences, and Dr. Vijayakumar.P.S, I/C HoD Department of Integrative Medicine were also present. The event saw the participation of students and faculty members from nearby medical, AYUSH, and nursing colleges.



In his welcome address, Dr. DVLN Prasad, I/C Vice-Chancellor of SDUAHER, emphasized the significance of yoga for health and harmony. He highlighted the importance of conducting such conferences and provided insights into the conference's theme and program details. Dr. Ahalya Sharma delivered a keynote address explaining the theme of yoga and its importance in the current health scenario, particularly in managing stress and its impact on the endocrine system. She also discussed the holistic approach based on Pancha Kosha Viveka (Multi-dimensional existence of Human beings) and emphasized the role of yoga in achieving stress balance.





Following that, Dr. Suman Kollipara from the Peace Tree Foundation Canada discussed the mind's ability to self-organize and the transformative power of Sookshma meditation in attaining a state of bliss and overall well-being. She highlighted the connection between body, mind, and the universal energy surrounding us. Dr. Alex Hankey, Professor Emeritus at MIT Pune, provided a scholarly perspective on the Patanjali Yoga Sutras and presented a scientific methodology to understand and interpret the sutras. Dr. Vijaya Kumar P.S, HoD & Associate Professor at the Department of Integrative Medicine, SDUAHER, spoke about the crucial role of yoga as a preventive intervention, targeting the risk factors associated with non-communicable diseases (NCDs). By addressing these overlapping risk factors, yoga can offer benefits beyond the management of individual diseases. Dr. Komal Shah, Associate Professor at the Indian Institute of Public Health in Gandhi Nagar, emphasized the use of yoga-based interventions in the prevention and rehabilitation of cardiovascular diseases (CVDs). She presented scientific evidence from various studies conducted in India and abroad to support the effectiveness of yoga in managing CVDs. Dr. Veronique Nicolai, a pediatrician from France, guided the participants through an effective technique called Heartfulness Meditation for chronic insomnia. In his session, Dr. Ashwin Bilagi, Assistant Professor at the Department of Integrative Medicine, SDUAHER, discussed the management of NCDs through an integrative approach using yoga therapy. He drew insights from ancient scriptures and literature to support the efficacy of yoga in disease management.



The core objective of International Day of Yoga (IDY) is to raise widespread awareness about the health benefits of yoga for individuals. Over time, this initiative has transformed into a massive movement promoting health and wellbeing. Despite extensive research and documented evidence supporting the efficacy of yoga, its integration into clinical practice remains limited. This is primarily due to a lack of awareness among healthcare

professionals and the general public. It is imperative for the entire healthcare community and all stakeholders to recognize and explore the potential of yoga as a preventive, promotive, and rehabilitative adjunct to our current healthcare modalities. Dr. Dayananda extended his gratitude through a vote of thanks, and the conference concluded with the National Anthem.

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## Report of Value Added Course: IP Innovation in Health Care Course E: IPH-046

The master of the event was, Madhavi Reddy R, Professor, The programme started with the welcome address by Dr. Kalyani R, Director, Research and Development Cell, SDUAHER, Kolar. There were 07 students

The IP innovation in healthcare course was designed to provide a comprehensive understanding of the principles, processes, and regulations governing IP (patent, copyright, design). Patents play a crucial role in protecting and encouraging innovation, and this course aimed to equip students and professionals with the necessary knowledge to navigate the complex world of patents. Join our IP Innovation in Healthcare course and learn how to safeguard our ideas and inventions. This course explored the latest trends in IP law as they apply to the healthcare sector, and provided the skills and knowledge to navigate patent and licensing agreements, monetize medical inventions, and collaborate more effectively.

The course was started from August 2023 to October 2023 with the duration of 32 hours and 16 sessions. The target audience was undergraduates, postgraduates, PhD scholars and also faculties. The course was carried out both online and also offline mode. Total units planned was eight, first unit was covered with introduction of what is innovation and importance of innovation, in second unit scope of intellectual property rights and types of IPR – copyright, trademarks, patents followed by design patents, intellectual property in medical AI in other units.

After completion of this course students were aware of Intellectual Property Laws, ability to Identify and Protect

IP Assets and also knowledge of the Patent Process, Trademark and Brand Protection, Copyright and Creative Works, Trade Secrets and Confidential Information, ethical Considerations and also Importance of IPR in health care sector, as well as IP Management and Commercialization.

Assessment was done in two different modes, first one was patent search and the second one was one-to-one presentations and discussion. Attendance was mandatory for all the sessions at least 75% for successful completion of the course. Students completed successfully were awarded with the certificates on 29.11.2023. Seven candidates successfully completed the course. The conducting session the certificate distribution ceremony was graced by Dr. B. Vengamma, Hon'ble Vice Chancellor, Dr. Prabhakar K, Dean, Faculty of Medicine, SDUAHER and Principal, SDUMC, Dr. C. D Dayanand, Dean, Faculty of Allied Health and Basic Sciences, SDUAHER.

Dr. Kalyani R, Director, Research and Development Cell, SDUAHER delivered welcome address. The Hon'ble VC addressed the gathering and gave completion certificates to the successful candidates. Dr. Madhavi Reddy, Professor, Department of Clinical Nutrition and Dietetics delivered vote of thanks.

The below are the details of few pictures representing the concluded session and certificate distribution of value added course.



Group photo of Hon'ble VC, Resource person and Deans of both the faculties and students along with the R&D core committee members



Dr. B Vengamma, Hon'ble Vice Chancellor addressing the gathering on 29.11.23 about the importance of IPR in Our Institute.



Dr. Lipika Sahoo, Resource person was honored by the Academy Administrators for the service at SDUAHER

### Prepared by

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Director  
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## Intellectual Property Rights Workshop

Intellectual Property Rights (IPR) workshop was conducted on 1st December 2023 from 9.30 AM onwards in the Central Library, AV hall, SDUAHER.



Master of ceremony was Dr. Pradeep Mitra V Organizing secretary and Core Committee member of Research & Development cell (R&D Cell), SDUAHER. Invocation song was sung by Mrs. Suma.

The workshop was conducted under the chairmanship and guidance of Dr. Kalyani R, Director, Research & Development cell.



Dr. Venkateshwarlu Raavi, Deputy Co-ordinator, Research & Development cell welcomed the Guest speaker, Dignitaries, Officers of Academy, participants, faculty members and students to the IPR workshop.



The Conference was inaugurated by Guest Speaker Dr. Manthan Janodia, Dr. B. Vengamma, Honorable Vice-Chancellor, SDUAHER, Dr. Prabhakar K, Dean, Faculty of medicine and Principal, SDUMC, Dr. Dayanand CD, Dean, Faculty of Allied health and Basic sciences and Dr. Kalyani R, Director, Research & Development cell.



Dr. Manthan D Janodia, M Pharm, PhD is a Professor in Dept. of Pharmaceutical Regulatory Affairs and Management , Manipal University of Higher education (MAHE) and was the Guest speaker for the workshop.

Dr. Manthan Janodia detailed his motivational journey and urged the audience to think differently on resolving problems and confronting issues with “out of the box” approach to solve problems whether life or research.

The workshop aimed to create awareness about Intellectual Property Rights (IPR) in all sections, thereby endowing necessary direction and expertise about an assortment of procedures of copyrights, patents, trademarks, and publicity rights search and application filing. The foremost purpose of intellectual property rights workshop was to encourage the creation of a large variety of intellectual goods.

The Workshop served as a platform to foster pioneering minds amid participants and identification of protectable innovations. The workshop covered translational research with illustrations, copyrights, patents, trademarks, publicity rights and need for bedside to bench research. The workshop also emphasized on developing innovative technologies to help humankind.

The certificates of Participation were given by the guest speaker



The workshop was very interactive and the queries were addressed by the Guest Speaker.

The program concluded with vote of thanks by Dr Manjunatha B and felicitation of the Guest speaker Dr. Manthan Janodia by the Honorable Vice Chancellor Dr B Vengamma.

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### Approved by

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