



Supported by  
Ministry of AYUSH



Savitribai Phule  
Pune University

# YOGA CONCLAVE

Yoga Research for  
Addressing Future Health Challenges



30<sup>th</sup> November 2019

Organized by  
Ramkumar Rathi Patanjali Yoga Chair  
AYUSH Center of Excellence, CCIH, ISHS  
Savitribai Phule Pune University (SPPU), Pune, India

Venue  
University Lawns, Main Building &  
PUMBA Auditorium, SPPU Campus  
Pune – 411 007

The Savitribai Phule Pune University has established the Ramkumar Rathi Patanjali Yoga Chair for boosting Yoga research. The Yoga Chair aims at research capacity building, public health advocacy, and promotion of scholarship. The Yoga Chair is functional at the Center for Complementary and Integrative Health, Interdisciplinary School of Health Sciences. The Ramkumar Rathi Patanjali Yoga Chair and AYUSH Center of Excellence (CoE) invite you for the Yoga Conclave on 'Yoga Research for Addressing Health Challenges'.

## ABOUT THE CONCLAVE

The conclave is a part of International Conference on 'AYUSH for Future Health Challenges: Strengthening-Transdisciplinary Research'. It addresses the needs of Yoga research and provides opportunities for interactions with researchers and experts. The conclave is focused on exploring Yoga for health promotion, strengthening connections with Ayurveda, understanding biology of Yoga, and developing epistemology sensitive approaches for Yoga research. The participants can interact with experts who are contributing in Yoga research and practice. The sessions will be useful for practitioners, researchers, teachers and students of Yoga, other AYUSH systems, biomedicine, and life sciences.

## HIGHLIGHTS OF CONCLAVE

- Scientific sessions on Yoga biology, AyurYoga confluence, *Satvavajaya Chikitsa*, Evidence-based Yoga, Yoga for non-communicable diseases, Mental health
- Opportunities for interaction with Yoga researchers
- Case studies on transdisciplinary Yoga research
- Wide overview of Yoga applications in health promotion and disease management
- Opportunities for networking and collaborations
- Yoga with *Gurus*: A practical session
- Overview of study designs on Yoga research.

## KEY SPEAKERS

- **Prof Gururaj Mutalik**  
Director, Jijnyasa Foundation, Sun City Center, Florida, USA\*
  - **Dr Naveen Vishweshwaraiah**  
Yoga Consultant, Bangalore
  - **Dr Dennis Chang**  
Director, NICM Health Research Institute, Sydney, Australia
  - **Dr Alex Hankey**  
Professor, S-VYASA University, Bangalore
  - **Dr Shirley Telles**  
Director, Patanjali Research Foundation, Haridwar
  - **Dr Leena Phadke**  
Chairman, Central Research Lab, Smt. Kashibai Navale Medical College and General Hospital, Pune
  - **Dr Rahul Shidhaye**  
Physician Scientist & Public Health Consultant, Pune
  - **Dr Yash Welankar**  
Psychotherapist & Researcher, Mumbai
- (\* Address through teleconference)

## CONCLAVE DETAILS

**Saturday, 30<sup>th</sup> November 2019 (7:30 AM – 6:00 PM)**

(Practical session will start at 7.30 am near Main building. The participants should bring their Yoga mats.)

## REGISTRATION DETAILS

**Students: INR 800 | Faculty: INR 1000**

For registration please visit <https://events.unipune.ac.in>

Information about the conference 'AYUSH for Future Health Challenges: Strengthening Trans-disciplinary Research' (28<sup>th</sup> to 30<sup>th</sup> November 2019) and 'Workshop on Meta-research and Evidence-based Medicine' (1<sup>st</sup> December 2019) is also available on the same registration link.

## CONTACT US

Ramkumar Rathi Patanjali Yoga Chair  
AYUSH Center of Excellence  
Center for Complementary and Integrative Health  
Interdisciplinary School of Health Sciences  
Savitribai Phule Pune University, Pune – 411 007

+91-20-25691758

[ccih.shs@gmail.com](mailto:ccih.shs@gmail.com) | [ccih@unipune.ac.in](mailto:ccih@unipune.ac.in)

Follow us on:     