9th International Conference
YOGA AS THERAPY
SCOPE, EVIDENCE AND EVOLUTION
December 27–30, 2018

Proceedings

KAIVALYADHAMA
Where Yoga Tradition & Science Meet
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The 9th International Conference at Kaivalyadhama was organized to delve into the evolution of Yoga as a form of therapy. In the last century, Yoga has increasingly become an object of attention in the arenas of medicine, research, and the media. Specifically, Yoga therapy has come to take center stage as a mechanism to heal, prevent certain chronic diseases, and promote general well-being. From December 27th to December 30th doctors, researchers, academics, and thought leaders in the field of Yoga gathered at Kaivalyadhama, Lonavala, to investigate and dissect the current definition of Yogic therapy and its scope in the modern context. Through various deliberations, delegates, synthesized evidence-based research related to Yoga’s success and failures as a therapy and also discussed the value of standardizing Yoga therapy globally.

This document is a summary of the various different events of the conference, including topic-oriented discussions, practical and theoretical workshops, presentations of various different research articles, and the final resolution of the conference itself.
Inaugural Ceremony

The 9th International Conference at Kaivalyadhama, Lonavala, was initiated with an auspicious Puja (prayer ritual) in dedication to Rishi Patanjali, one of the world’s greatest Yogic seers. The Puja was guided by Kaivalyadhama’s Spiritual leader, Swami Maheshanandaji, and the Institute’s Secretary General, Shri Om Prakash Tiwari, amongst a large crowd of students, Staff, delegates, and Guests of honor who all engaged in the recitation of ancient Vedic mantras.

The inaugural ceremony of the conference commenced in the late afternoon with the recitation of Shanti Path (peace invocation) and welcome addresses by Joint Secretaries Shri Subodh Tiwari and Shri Om Prakash Tiwari. Presiding over the inaugural ceremony included various esteemed dignitaries such as former Judge of the Supreme Court Justice Sri B.N Sri Krishna, Justice D.R. Dhanuka, Chief Investigative Officer of the Rajeev Gandhi case Dr.D.R. Kaarthikeyan, Dr. Pradeep Vyas, Principal Secretary Health Government of Maharashtra, Joint Secretary of the Ministry of AYUSH Sri P.N. Ranjit Kumar, and Vice Chancellor of G. S. Raisoni University Professor Rajan Welukar.
In his remarks, Sri P.N. Ranjit Kumar shed light upon recent changes in National health policies throughout India. He articulated that many of these policies are now starting to become geared towards Yoga therapy principles such as disease prevention and the promotion of health. In a similar light, Dr. Pradeep Vyas spoke on the current public health issues afflicting the current Indian population and how Ayurveda and Yoga can be used as tools to combat these issues. These modalities, he commented, help to reduce the requirement of pharmacopeia and help halt disease progression. Justice B.N. Srikrishna addressed the audience with Yoga's influence as a way life and urged its use as a tool for therapy. Yoga's ability to steady the physical body, he highlighted, allows for the ability to steady the mind. The ultimate aim of yoga teaching is to create a healthy and balanced society. Overall, all the speakers set the tone for learning, deliberating, and the potential policy making of Yoga as a therapeutic tool in health.
The Inauguration also welcomed the release of seven new books,
1. Siddhasiddhantapaddhatih Goraksanatha –
   Philosophico- Literary Research Department
2. Amrtasiddhiyogah - Dr. Bandita Satapathy
3. The Quintessence of Yoga - Dr. Rajeshwar Mukherjee
   and Dr. Kakali Ghosh
4. Yoga as Therapy - Medical view - Dr. Satish Pathak
5. Yogic Chikitsa - Swami Kuvalayananda
6. Abstracts and Bibliography of Articles on Yoga (Part III)
   – Scientific Research Department
7. Satkarmasangrahah by Sricidghananandanatha -

During the inaugural function, long time staff member
Smt. Pushpa Mandke was felicitated and rewarded for
her long term service of 40 years to the institute.
**Key Note Speech**

**Topic:** “Yoga as therapy – How wide is its scope, how deep is its evidence, and how great is its evolution?”

Dr. Rao began this session with a very poignant remark that Yoga is, in fact, a “preventive” discipline, which, in modern times, has become popularized through its focus on addressing physical side effects. Dr. Rao described Yoga as “a four-dimensional therapy”:

1. **The preventive aspect of Yoga**
2. **The therapeutic aspect of Yoga**
3. **Yoga being a tool for healing**
4. **Yoga being a tool for transformation**

In doing so, Dr. Rao mentioned that Yoga has the profound capacity to empower a person, both psychologically and physically, to bear pain and go beyond it for a better life. One of the solutions against many ailments, he said, is the cultivation of awareness which happens through experiential practice in Yoga. He further emphasized that in Yoga therapy, personal experience should be given the same importance as scientific investigations. Despite where we are in the modern context, the scope of Yoga as a form of therapy still has room to evolve. Lastly, Dr. Rao spoke on the importance of the prevention prior to treatment/therapy. He feels that yoga has the potential to become “the mainstream therapy” and not simply an alternative one. With this in mind, he mentioned, that we must remember the potency of Yoga in bringing society together. This, in itself, is a great form of therapeutics.
Closed Door Discussion

Developing Standards in Yoga Therapy

Chair: Dr. Ganesh Rao
Invitees: 36 participants from America, Europe, South East Asia, Australia and India

The group discussion opened with talks on the best practices performed globally as presented by Mr. John Kepner of International Association of Yoga Therapists (IAYT), Mr. Goran Boll from Sweden, and Dr. Ananda Balayogi Bhavanani from India. This was followed by two questions and discussion around the need for standards and the qualifications required of the practitioner of Yoga therapy.

The main points of the group discussion on best practices are as follows:
1. Mr. John Kepner presented the best practices of the (IAYT) from its inception and membership, to its current practices and position, and then briefing on its advancement into the future with communications, certification and international cooperation. Best practices included monthly meetings with a facilitator/subject matter expert, starting with accreditation of schools and programs, and branding for skillful communication for professionals and to the general public.

2. Mr. Goran Boll described the current situation of Yoga therapy in Sweden, where Yoga therapy has been integrated in health care facilities around the country. Here Yoga therapy has been taught to healthcare professionals and utilized in primary care problems, cardiac care, rehabilitation-trained physiotherapists, cancer care, psychiatry, and palliative care.

3. Dr. Ananda Balayogi Bhavanani spoke on the current state of Yoga standards in India. He mentioned the agencies, association and organizations such as Quality Council of India (QCI), Healthcare Sector Skill Council (HSSC), and the Ministry of AYUSH. He elaborated on current developments as with the Memorandum of Understanding (MOU) the Indian Yoga Association has with HSSC, as well as the development of national occupational standards for Yoga therapists specifically. He also communicated the importance of India’s need to utilize the Global models currently in place as a guideline moving forward.

The group then addressed the question of what is meant by standards and is it necessary to have standards in Yoga Therapy. The main points were as follows:
1. Three principles as per the IAYT model were recommended: transparent, representative and inclusive.

2. There was a discussion around typical experiences of standards in other alternative, complementary fields, such as acupuncture, acupressure etc.

3. It was suggested that there should be a professional scope of practices/competencies that are designed for the practitioner and the protection of the public; accountability.

4. There is a need to look at what we want current teaching professionals to do and what the public needs them to do.

5. Look carefully at a clear understanding of the limitations of Yoga for each individual patient/ailment, and a general knowledge of all diseases must be addressed.

6. There must also be an understanding of the learning objectives, goals and their contribution to the profession of Yoga therapy.

7. The group was in favor of 'standards' and not 'standardization' in the field of Yoga therapy and that the standards must reflect the heart of Yoga.

   The group also had a discussion on an educational program, which will need to reflect qualifications in the field and the criteria necessary for the practitioner for practicing therapy in Yoga. The main points were as follows:
   1. A two-part program of study was recommended: I. An academic curriculum, and II. Practical aspect.

2. Graduation, in any discipline, should be a must for a Yoga teacher and should form the basic Yoga foundation of a therapist. So, there is a need to address bridge courses, which impart basic knowledge in life sciences (e.g. Anatomy, physiology, etc.) to Yoga teachers/therapists.

3. Bachelor, Master and PhD programs are needed to take the field to the next level.

4. The criteria for the Yoga therapist would be determined by a syllabus with basic content such as: traditional aspects (knowledge of Yoga texts, practice), informed knowledge of results from Yoga research, assessment of case studies, language (concepts) of yoga therapy in relation to allied fields like Ayurveda (Tridoshas, Nadis, etc.), clinical internship, reading medical reports and other skills related to therapy, therapeutic relationship - boundaries and ethics, counselling (as a support role), documentation (during internship).
Cultural Performance

The evening was met by the melodic musical styling of classical Sitarist, Ustad Usman Khan and his disciples. His unrelenting love for pure music and an unflinching devotion to the discipline of Riyaz shown through various musical compositions, which were performed that evening.
Dr. Sarkar began the discussion by elaborating on the various means through which yoga therapy has been streamlined in the United States. In the US, he articulated, “we have identified the scope, accreditation, and definition of Yoga therapy.” According to him, in order to streamline Yoga therapy throughout the rest of the world, we need to understand and agree on its definition in the modern context. In his view, every Yoga practice is “healing,” and healing is ultimately restoration of homeostasis. In order to integrate these practices with modern medicine, one needs to establish a foundation of daily discipline. This is where yoga deviates from other tools in modern medicine because it lays emphasis on consistency throughout one's life rather than acting as a short-term remedy. Yoga therapy, he articulated, is experiential. Unlike Western science, which is evidence based, Yoga is a practice-based art and science of healthy living. At its core, it is a form of preventive medicine that focuses on helping an individual arm the body with the correct tools to thwart the disease.

Building on this a bit further, Dr. Bernardi highlighted specific studies related to Yogic practices. He argued that Yoga is a complex system, involving many components like asana, respiration, psychology, and diet and therefore must be studied comprehensively. He, and his medical research team, found that Yoga can impact autonomic brain function. Specifically, they found that slow breathing improves baroreflex sensitivity, and in general helps breathing efficiency.
The future of Yoga as Therapy is one of the key questions that needs to be answered jointly by teachers, organizations, schools and other stakeholders - that was the common consensus of all speakers. Mr. Kepner, Mr. Boll and Dr. Verma shared the progress USA, Sweden and India have made in the journey of integrating yoga into mainstream healthcare by developing policies, standards and assessment procedures. Different groups need to exchange their progress and learning, while encouraging responsible self-regulation amongst Yoga practitioners across the world. As the medical community starts to accept Yoga, they also expect the level of evidence-based research to grow and be available for reference. Sweden has led by example in the last 20 years - from having almost no Yoga in the society, to having over 2500 Yoga instructors across 238 hospitals/clinics across Sweden, with the target to have near 100% penetration in the National hospital system by 2030. Mr. Boll shared that the influence of strong female researchers with government and media support have led to the tremendous number of Yoga studies being carried out in the field of Yoga therapy across primary care, cardiac care, rehabilitation, cancer care, psychiatry and palliative care. As Mr. Kepner aptly puts forth a Yogic saying- "One Truth, Many Paths", we must continue to evolve and grow yoga as therapy with multiple Nations participating and uniting under one cause, in their own distinct styles.
Panel Discussion:

Evidence of Yoga as Therapy
Chair: Luciano Bernardi
Speakers: Dr. Alan Weiss, Dr. Arthur Brownstein, Dr. Praseeda Menon

Dr. Alan Weiss shared his experiential knowledge as a Yogi and his medical knowledge as a surgeon to explain energy chakras or energy channels in the human body. With the help of a diagram, he explained not only the organs, nervous system and circulatory systems, but also the location of the chakras. Using a beautiful description from the Upanishads, he described the body, heart and immortality of the soul. He concluded with an interesting depiction by Guru Nanak Dev who described the soul trapped in the rib cage as a bird trapped in a cage.

Taking forth these thoughts, Dr. Arthur Brownstein explained the mechanism of stress and atherosclerosis. He gave statistics, which showed a rise in cardiovascular diseases in America. Using a diagram, he explained in detail the anatomy of the heart and the 'fight or flight' mechanism. His points highlighted how stress can interfere with the functioning of heart and even trigger a heart attack or stroke. Next, some studies were described which showed how yoga and plant-based diet had shown significant improvements in patients with cardiovascular diseases.

Dr. Praseeda Menon further elaborated the positive impact of Yoga as therapy. Her speech highlighted the rise in deaths due to non-communicable diseases, such as cancer, cardiovascular diseases, etc. She exemplified by narrating some short-term as well as long-term studies done in Kaivalyadhama. Their results had shown qualitative and quantitative changes in the life and outlook of their subjects within a short span of time owing to Yoga and naturopathy treatment.

Summing up, for Yoga to be accepted as a therapy in the West, it needs the support of medical research works which show improvements in the holistic health of individuals who practice it.
Panel Discussion:

The Scope of Yoga as Therapy

Chair:
Dr. Sat Bir Khalsa
Speakers:
Dr. B R Sharma, Dr. Sharad Bhalekar, Dr. Raghavendra Rao

Dr. Sharma opened the session looking at the scope of yoga in traditional text, traditional forms and living traditions. He started by pointing out the need to reach the roots not the symptoms of our problems. And that Patanjali provides us with the procedures to get to these roots. Ayurveda addresses health and disease as well as one's arrival in ones svarupe. He uses the Bhagavad Gita and Patanjali's concept of the Kleshas and citta to explain how avidya is also the cause of disease which may lead to psychosomatic diseases. We must use these traditional tools to overcome our problems and attain optional mental, physical and spiritual health.

Dr. Bhalekar addressed the scope of Yoga therapy with medical conditions relating to the self and therapist. He spoke about practical aspects of working with patients and the importance of the Yoga therapist's own knowledge as he made reference to Swami Kuvalayananda text, Yoga as Therapy, to explain the medical view of yoga therapy. He stressed the importance of knowing the limitations of Yoga as well as knowing the practices themselves and to follow Yama and Niyamas in our process of helping others to heal. In his signature style, he used practical examples and stories to express his points on how living a yogic lifestyle is a paramount for the Yoga professional.

Our final speaker, Dr. Rao spoke about yoga therapy relative to the emerging field of mind-body medicine. He presented some research statistics of Yoga and meditation and stressed the importance of sharing the knowledge of Yoga with practitioners of modern medicine. He talked about flexibility of mind as acceptance of our stress to deal with and modify oneself toward change. Knowing what to do and what not to do as a Yoga therapist was explained by his real-life examples and experiences. He reviewed the breadth of work being done with a variety of disorders that Yoga is used as a treatment for: stress, depression, pain, cancer, diabetes to name a few. As well, he briefly talked about the mechanisms underlying yoga and meditation practices in therapy.
Plenary Session:
Evidence-Based Yoga as Therapy-Challenges and Prospects

Chair: Dr. Luciano Bernardi
Speakers: Dr. Erik Groessl, Dr. Sat Bir Khalsa

Dr. Groessl, who presented his views via a recorded video lecture, started the discussion by mentioning methods by which one can tell whether yoga works as a therapy or not. In his view, there are three methods:

1. Personal experience or intuition
2. Training or faith (experiences of others)
3. Science: objective, unbiased and medically accepted

He also stressed on the point that without hardcore evidence it is difficult to reach the masses through proper channels. Dr. Groessl, who has worked closely with US Army Veterans, spoke at length about managing their chronic lower back pain (CLBP). CLBP, he said, is the 2nd most common reason for physician visits and costs billions in productivity and health care annually. In the past five years, three out of four systematic reviews have shown that yoga can be very effective to treat CLBP. Additionally, across multiple studies, yoga was found to be effective in healing knee ailments as well as type-II diabetes. Many studies also reported less fatigue and a better quality of life.

Building on this Dr. Khalsa mentioned specific studies and data which prove that there are significant musculoskeletal changes in those who practice yoga regularly: increase in flexibility, endurance and strength. The fat mass percentage is lesser in yoga practitioners than even those who are sprinters or runners, he commented. Dr. Khalsa laid emphasis on the connection between breath rate and deeper brain structures, leading to the point that Pranayama enhances heart rate variability and activates the Parasympathetic Nervous system. He also mentioned an interesting study wherein rats were made to breathe slowly. Such rats showed less anxiety. The longer one practices meditation, he noted, they not only change their brain activity, but also completely transform their brain functioning. Efficacy of good genes like immunity increases and bad genes like stress related ones decreases.
Closed Door Discussion
Possibilities of Synergising Yoga Research Between

Chair: Dr. Sat Bir Khalsa
Invitees: 25 participants from America, Europe, South East Asia, and India

The meeting opened with Dr. Sat Bir Khalsa presenting the purpose of a collaboration of India and the rest of the world in an effort to strengthen the field of yoga research. He remarked that the best way to accomplish this is by way of establishing an association of yoga researchers as well as holding a periodic conference related solely to yoga research. This would help bring people, ideas and research together and create collaborations among researchers.

In line with the above, the group discussed the possibilities of setting up an association of yoga researchers in order to bring together all yoga researchers across the world and the possibility of the Ministry of AYUSH supporting this yoga research association. The main points of this discussion were as follows:

1. An association of yoga research would include an administrator that will work more aggressively to get the information out to all the researchers. This association could create a database of all yoga research and yoga researchers across the world, and could also do much more to help yoga research globally.

2. Support may come from AYUSH, other federal agency, private donor or from yoga institutes coming together. AYUSH may contribute, but a project needs to be submitted through an institute or a consortium. AYUSH may refer this request to their Central Council for Research in Yoga and Naturopathy (CCRYN) if the three big yoga institutes in India (Kaivalyadhama, S-VYASA, Patanjali Yoga Peeth) backed the 'project'. Possible issue would be if it is not in the charter of CCRYN or AYUSH to fund associations. However, presented as a project, they would provide the funds.

3. The yoga research association will need to be based in India if funded by AYUSH.

4. The India Yoga Association (IYA) has a research director; this may be a good option to start with. A second option is the research component of IAYT. However, funding will be the issue.

5. Hosting of the association will require most of the funding. Money may not be available for these kinds of expenses. However, an International conference would
allow a budget that will cover other things. Another
suggestion was to convince a major University/research
institute in India, as long as there was financial support.
There is the option of approaching NIMHANS,
Bangalore, which has a very active, Yoga research
center, to either host or support the association.

6. The stakeholders (the three yoga institutes) to start
with a core group with a mission and strategy, and then
start asking for funding. Launching an international
association will be more accepted with the three big
yoga institutes in India coming together and then adding
existing resources.

7. Dr. Ananda Bhavanani and Dr. Sat Bir Khalsa will
move ahead with a strategy to see how this would be
possible. A few other people would also be involved,
including Shri Subodh Tiwari and Dr. Shirley Telles.

8. Legal support will be required to create the
association with a board, and CEO.

9. The proposed Yoga research association should be
available not only to the CEO, and directors of Institutes,
but also to individuals working in the field of research.
Also, individual membership was recommended.
The group then discussed possibilities of launching a
periodic International Yoga research conference with the
objective of bringing Indian and international Yoga
researchers together and the possibility of the Ministry of
AYUSH to fund this conference. The main points of this
discussion were as follows:

1. Dr. Sat Bir Khalsa spoke of his experience in India
related to yoga conferences remarking that most

conferences in India are typically only about Yoga and
not focused on Yoga research, and that there was a
need for this in order to upgrade Yoga research.

2. The proposed periodic international yoga research
conference would be a strong international meeting,
and the venue could rotate between the US and India
every year. Dining venues and speaker rooms at these
events could bring the researchers together to interact.
Philosophico-literary research will also be included in
the presentations if they are based on sound
methodology.

3. The proposed association of yoga research could run
this conference or possibly a company could be hired. It
may be possible to get 500-600 yoga researchers
together if the association can financially support the
attendees.

4. There was also some discussion on whether the
association would be launched first or the conference. It
was suggested that either would be feasible.

5. The biggest challenge for international conferences
would be funding for travel. It was suggested to use
technology as much as possible to offset the cost of
international travel. Members could attend by
interactive video.

6. The internet meeting has the advantage that it would
have attendees that otherwise couldn't come. The
disadvantage, there is no personal interaction. So, a
middle way needs to follow. Also, adequate funding
would solve many of these issues. AYUSH may be able
to sponsor the conference in India.
7. Both webinars and actual conferences have their benefits. Other associations are also using webinars as a ramp up to a conference. Actual conferences are great places to connect with other researchers in a more personal way to have possible collaborations and build future research.

8. Conferences get funds, associations often don’t. Individual contributions will come by way of association fees and conference fees.

9. Dr. B. R. Sharma mentioned that another association related to Sanskrit text research, Rashtriya Sanskrit Sansthan (RSS) may also contribute to such a conference when Philosophical-literary research is also included.

10. AYUSH already has a mechanism in place for a yoga researcher to apply for funds to travel to a conference. And the UGC also provides funds at Indian universities for faculty to travel to conferences.

11. There is also the issue of getting the research out to the yoga teachers as well as the translation of the research into practical applications. Research language will also need to be related to the end users.

The group also had a long discussion on what would be the best forum to provide training and education for Indian researchers for improving the quality and rigor of yoga research conducted in India, how to identify, contact and interact with yoga researchers in India, and what could be done for Indian researchers to come up with more numbers of peer-reviewed publications related to yoga research in reputed research journals. The main points of this discussion were as follows:

1. It was mentioned that the quality of the majority of research currently being done in India is poor. Weakness in research is showing up in descriptions of procedures, and bias. Many researchers are published in lesser known, predatory journals. Much research is being wasted and not being acknowledged by the field. There is a need to be able to contact these researchers to bring them into the yoga research community for collaboration and improve the quality of their research. One option is Research Gate and Academia.edu; can catch these papers/ researchers here and communicate with the authors from here.

2. There is a need for a database of all the Yogic researches that are standardized, maybe fifteen-twenty diseases. This would then increase the ability to guide the researchers.

3. According to the current UGC guidelines, PUBMED was taken out and Scopus brought in for determining academic performance indicators (APIs). University faculty needs to find a journal that is Scopus indexed, PUBMED will not count. However, Medical Council of India still looks at PUBMED. A well-published researcher may need to publish in both Scopus and PubMed indexed journals.
4. UGC made a list of journals; however, this list has predatory journals. Young researchers just need to get published; any journal on this list is counted. Due to this, all research is affected.


6. If looked at carefully, most of the best journals are free, if looking to just get published. Online journals are expensive; however, they give a more open access.

7. The proposed association can create a list of favorable journals (low cost/indexed) where publications can go in and help the young researchers.

8. There is a need to get Yoga researchers into research methodology workshops to improve the quality of work coming out of India. Dr. Shirley Telles may be the perfect fit to head an initiative for such workshops in India as she has already been doing this. Possibly, Indian Council of Social Science Research (ICSSR) could also provide funds for Yoga research methodology refresher courses.

9. The research methodology is currently not available for philosophical research in university syllabus. This also needs to be addressed. Also, grants are available for philosophical-literary research methodology workshops in Yoga.

10. Once the Yoga research association is set up, it can have its own internet magazine/journal.

11. A good, immediate first step would be to invite Dr. Telles along with some other research methodology experts in yoga to Kaivalyadhama in order to conduct a research methodology workshop. This workshop could be open to all Yoga researchers with a registration fee. Forty to fifty researchers could be trained with logistical support from Kaivalyadhama. Dr. Usha Nayar volunteered to coordinate this initiative, with support from Dr. Luciano Bernardi.

12. In the future, Dr. Telles could be consulted and involved to see how such workshops can be manifested and funded more frequently to move the quality of research in India forward.

13. Emphasis on qualitative research in Yoga as well as training in its methodology is lacking in India. There is a need to address rigor in qualitative research methods as much as is necessary in quantitative methods. More mixed methods are being utilized in the field of yoga research, so more specific training is required. This is important as qualitative methods give insights into other quantitative measures to apply.
Cultural Performance

The day came to an end with classical dance styles of Mrs. Gauri Swakul. In this performance of Nritya Yoga, Mrs. Swakul, along with her co-artists, blended the concepts from dance and yoga using the Kathak style through various compositions like Vandana, Taal, Pancha Yoga, Thumri, Saragam, and Tatkaar. Apart from these compositions, the major highlight of this program was the fusion performance between classical Kathak and the West African percussion instrument Djembe, drawing parallels with the total mind-body coordination in yoga.
Yoga has become a great contributor to modern healthcare and both the panelists - Dr. Ananda Balayogi Bhavanani and Dr. Swami Nirmalananda Saraswati - were on the same point of view. Unlike other therapies, Yoga Therapy is not disease specific but more holistic and wholesome.

Dr. Bhavanani gave a comparative view teaching various yoga methods and concepts and their equivalents in modern science. He said that there are multiple studies and evidence that show regular yoga practice is beneficial for people with heart diseases, high blood pressure, aches, pains, depression etc.

Dr. Bhavanani also differentiated in the way yoga and modern science work. He said that while Yoga Chikitsa is all about Salutogenesis i.e. what causes health, being proactive, about reaching one's potential, about finding the root cause to solve the problem; Modern medicine and Yogopathy is more about Pathogenesis i.e. What causes disease, being reactive, about avoiding problems, about suppressing the problem. The concept is very similar to what Patanjali mentions in his Yoga Sutras - referring to Heya, Heya-hetu, Hana and Hanopaya.

He was of the view that in recent times the 'East-West' dichotomy has been overcome. Many eastern healing traditions have percolated healthcare systems worldwide. One such study by the US Department of Health and Human Services shows that from 2012 to 2017 there has been a 5% increase in people taking to yoga and 10% increase in people taking to meditation.

Swami Nirmalananda ji said that the term health in Sanskrit means 'Swastha' where Swa is own self and stha is established in. She said that well-being without spirituality is not possible, although healing is a by-product of spirituality. She laid stress on two main aspects: How to know One's Self and How to connect with the self. For knowing oneself, Swami ji said that one needs self-observation and self-analysis at all levels. For this Yoga practices done with awareness is required. For connecting to oneself, there are various forms of yoga for all personalities - Hatha Yoga, Raja Yoga, Bhakti Yoga, Jnana Yoga, etc.

To go beyond, a sadhaka has to follow a Yogic lifestyle, i.e. imbibe Yoga practices in life and not merely asanas or pranayama. Then only one can become stress-free, emotionally stable, creative, intuitive, wise, physically fit and agile and have a strong immune system.

The need of the hour is a symbiotic relationship between Yoga and modern science. This is our Dharma as a Yoga Therapist concluded Dr. Bhavanani.
Panel Discussion:

The Scope of Yoga as Therapy

Chair: Swami Nirmalananda
Speakers: Mr. Daniel Mintie, Dr. Usha Nayar
Mr. Andre Riehl

Dr. Mintie began the session talking about our personal control over mental diseases. The body, mind divide exists because of the language but are not separate. Integrative healing uses one’s body, feelings and emotions to heal the body/mind disorders. We can work with the body to change, though patterns to reset/heal the body by using such delivery mechanisms as yoga therapy, mindful practices, cognitive behavioral therapy (CBT), etc. He notes that the measurable changes that occur across the different mechanism have many similarities. Future research will help define these similarities. He discussed how philosophers such as Buddha, Patanjali and Greek philosophers also used CBT mechanisms to use the body/mind connection to help with healing. Integrative healing with the various tools available can be a comprehensive program for healing.

Dr. Nayar continued the session with her insights on awareness-based therapeutic techniques, not in an East and West contest, but from an Indian and Non-Indian perspective. She spoke about living and growing up in an Indian environment and how yoga is ingrained into one’s life based on the traditions and culture. We need to be aware of the cultural context, this way we can recognize the challenges in the Non-Indian cultures in yoga and yoga therapy. She spoke about the challenges that come up due to the diversity of the different traditions and how they can create confusion. Some of the challenges she presented that may exist include the philosophical perspective of yoga, scientific and intellectual differences, the perspectives on life span differences, use of the practices and of course views on spirituality. She spoke about her cross-cultural research with children and yoga as well as with cancer and chronic cures.

Mr. Andre Riehl spoke about his practice and research with Nidra Yoga. It has been so named to differentiated from other practices as this practice comes from the Shaivat Tradition in Kashmir, India. He presented 2 short films on the research being conducted with Nidra Yoga and mind function. He defines yoga and meditation as a ‘state’ where there is no division or fragmentation. He defines spirituality where we surrender, let go and are present from the start, and not as an end goal. His current ongoing research is to realize if there is something to measure if there is no the activity in the thoughts when in a state of citta vritti nirodhah. Some parameters measured included a state of joy, loss of physical boundaries in the body, and meaning (sacredness). One participant from the study, notably mentioned in the film that he could ‘see how he felt’ and was able to ‘meet’ him.
Panel Discussion: Evolution:
The Future of Yoga as Therapy

Chair: Dr. Sat Bir Khalsa
Speakers: Dr. Satish Pathak
Dr. Ulka Natu
Dr. Latha Satish

Dr. Satish Pathak began his discussion on preventive medicine with a brief background on yoga. He spoke on the shortcoming of allopathic medicine being that it targets acute ailments, disregarding the human/mind/body complex. By providing a change in attitude, yoga allows for a more holistic approach to medicine. Our current emphasis on “good health” completely disregards any notion of Moksha. At current, medical expenditure in India is at an all-time high, and the means for alternatives to the current system are crucial to ensure societal health. Finally, he gave advice to professionals prescribing yoga as therapy to patients with a variety of ailments and concluded with the advice “An Omkar a Day Keeps the Doctor Away.” Dr. Ulka Natu-Gadam, discussed the future health risks women will face based on current lifestyle trends. She touched on the demands of current medical systems by current negative health trends, like the rise of noncommunicable diseases. She also proposed several methods to approach such issues. She went on to talk about current health epidemics among women like polycystic ovarian syndrome (PCOS) for reasons including obesity, poor diet, and sedentary lifestyle. At current, stress levels among women are very high and this impacts the outcome of pregnancy on both the mother and child. Dr. Latha Satish spoke about the healing and transformational dimension of yoga therapy. She spoke about three distinct dimensions addressing yoga therapy and the physical, physiological and psychological issues. Additionally, she urged that research therapy and practice must be integrated to better enhance care.
Panel Discussion: Evolution:

Evidence of Yoga as Therapy

Chair: Dr Anand Bhavanani
Speakers:
Dr. Mahesh L. Karandikar
Dr. Akshay Anand

Dr. Mahesh L. Karandikar, Chief Neurosurgeon at Karandikar Hospital and Research Centre, has been promoting the use of yoga as therapy across his patient care. Their team has conducted randomized control studies and found yoga and pranayama to be excellent adjuncts to medical therapy in epilepsy patients. There was a strong intent towards integration of yoga in clinical therapeutic practice across management of spine, stroke patients, neurotics, cardiovascular disorders, insomnia and anxiety. Dr. Karandikar and his team have seen success with their patients, and strongly believe that yoga therapists and clinicians together can deliver higher quality of care to the patients. His belief is that we should utilize our heritage of yoga and club it with modern research in hospitals to shape a healthier future for the world.

Insights into the mechanics of yoga-based acclimatization at high altitude

Dr. Akshay Anand and his research team conducted scientific studies at Leh-Ladakh and Mansarover with control groups having no prior yoga experience to demonstrate the advantages of yoga in high altitude acclimatization. Edema, hypoxia, acute mountain sickness and other issues are commonly associated with higher altitudes, especially amongst newly posted soldiers. Dr. Anand's team worked with Yoga teachers to follow SKY protocol (Sudarshan Kriya, Yama & Niyama) with control groups at the two locations, using inclusion and exclusion criteria. They found a positive association between a four-day yoga practice at high altitude and various physiological parameters such as BP, cholesterol amongst others.
The standardization of yoga as therapy is a hotly contested topic as discussed among the panelists in this session. Organizations, teachers, schools and various stakeholders must come to a consensus both at a domestic and international level, as agreed upon by all speakers. Given the restrictive nature of standardization, said Dr. Andre Biehl, it seems too difficult to apply it to yoga. The variety of yoga is what allows its power, he argued and thus, there should in no way be a standardized form by which everyone must practice. Followed by this, it was argued that perhaps yoga itself need not be standardized, but certain standards are necessary to avoid issues of health-related lawsuits, particularly prominent in the Western hemisphere. This protects not only the yoga therapist, but the practitioner as well from unnecessary injury or harm. Additionally, though several panelists spoke on the need among Yoga therapists for general medical knowledge, the case must not arise whereby medical professionals should have an easier path to being Yoga therapists. It was argued that many a times, professionals in certain fields deem themselves professionals of all fields, which is especially dangerous when dealing with Yoga therapy. Standards should be set not to box in Yoga, but to assure a certain level of quality amongst all Yoga therapists. As such, competency of communication and an inherit responsibility to patients must be established among all Yoga therapy curricula. Additionally, it is necessary that all Yoga therapists have the ability to evolve with new standards, including the standard of scientific research proficiency. This would assure that therapists can build on their pre-existing skill set by incorporating significant research findings. Though the ultimate goal of Yoga is Kaivalya, this standard should not be imposed upon all practitioners, especially those seeking the benefits of Yoga as therapy.
Cultural Performance

Padmashree musical maestros, Anup Jalota, stole the night away with his intoxicating Bhajans. Singing live for nearly two hours, Jalota-ji, left the audience spellbound with his mellifluous and powerful voice. Covering various different devotional renditions, as well as some Hindi classics, the audience gleefully sang along to: aisi lagi lagan, main nahi makhan khayo, rang de chunariya, jag me sundar hai do naam, and chadariya jhini re jhini.
Panelists were asked to offer their opinions on the requirements of a Yoga therapist in order to bring Yoga into modern medicine, and also to create a two-way communication between medical doctors and Yoga therapists. The conversation focused on forming a bridge so that Yoga can flow from the traditional integrity and standards that have evolved over thousands of years, which can be implemented into the very current narrow passage into the field of modern western medical science. It was further discussed that medical doctors should be familiar with the therapeutic value of Yoga in its possible applications in modern clinical medicine. Also articulated by the speakers was the idea that students of Yoga that want to become therapists should understand the standard and the language required of modern medicine to facilitate the imparting the ancient knowledge of Yoga into clinical medicine. This conversation was a poignant reminder of Swami Kuvalayananda’s vision, and major thrust for establishing Kaivalyadhama Yoga Institute and for the incredible pioneering research that he conducted at the Scientific Research Department (SRD) at the Institute.
Valedictory

The Valedictory function of the conference started with Shanti Path. Dr. Luciano Bernardi was invited to give his feedback about the conference, since it was his first attendance in Kaivalyadhama. He spoke about his experience and exhorted that the institute had a special peaceful and serene energy and environment. He expressed his appreciation for the technical sessions, the cultural programs and the warmth of hospitality.
Prof. Bhushan Patwardhan, Vice Chairman of the University Grant Commission said that this was probably the fifth International Conference he was attending at Kaivalyadhama and he expressed that, each time, he found it to be better. He mentioned that the Ministry of HRD is finalizing the Interuniversity center of Yoga, which will make much better for Yoga fraternity and strengthen it. He spoke that the knowledge system of Indian System of Health is comprehensive and in today’s world prevention is taking precedence over treatment.

Dr. Satya Pal Singh, MOS, Ministry of HRD addressed the delegates by reiterating that he has been a student of Yoga and philosophy for four decades. He emphasized that the science of Yoga is profound and experiential. He said, if one needs a balance between body, mind and spirit, then Yoga is the best option. He concurred with the need for standards in Yoga therapy, so that it can be universally applied. He said, Health in Sanskrit is Swastha means an establishment in one’s own self, and Yoga gives utmost importance to self-realization.

Apart from best papers and posters, sixteen support staff were felicitated and awarded for their exemplary contribution to the institute, and Shri. O. P. Tiwari sponsored the award. Shri. G. N. Murthy, Coordinator for the international conference was felicitated and awarded for his immense contribution over last 47 years.
Morning Workshops

Healing Towards Health
Dr. Vartika Dubey

This practical asana session was based on the teachings of classical Hatha Yoga within the Kaivalyadhama lineage. Dr. Vartika Dubey, an eminent Yoga teacher, took the delegates on a pilgrimage to their own body. She guided the participants to do asanas in a slow, rhythmic and mindful manner so that there is total personality integration which allows healing to take place. Participants were also asked to do basic asanas with complete awareness of their body postures, breath and mind.

Yoga as Therapy for the Cardiovascular System
Dr. Arthur Brownstein

Dr. Brownstein drew upon his experience as a former flight surgeon in the US Air Force. In doing so, he articulated that air force pilots are at a high risk of heart disease and other, deeper problems. Drawing upon this, he introduced the practice of shavasana, which he said has been instrumental in helping pilots relax. According to Dr. Brownstein, shavasana is not just about relaxing the body, but is more about relaxing the mind through breath awareness. He took all the participants towards an inward journey to heal the heart through meditation- focusing the mind on the heart space and tuning into love and peace within.
Giving the base of Patanjali’s principles of Dhyana, Shri Bhogal slowly led the audience through techniques for deep meditation. Over the course of his session, he shared various meditation techniques that help practitioners cultivate inner silence. Shri Bhogal also introduced the concept of KRIYA Yoga, which is a combination of pranayama practices as well as the chanting of om and the Gayatri mantra for several rounds.

**Classical Pranayama**
Shri O.P. Tiwari

Tiwariji’s expose of classical pranayama was divided into three different sessions. Each class catered to a different level of student: beginner, intermediate and advanced. During the sessions, Tiwariji gave practitioners insight into the various different practices of pranayama, as delineated by Hatha Yoga texts and scientifically studied by Swami Kuvalayanandaji. Tiwariji, the direct disciple of Swami Kuvalayanandaji, prompted the participants to think about two important factors before learning about pranayama; one being the reason as to why do we disturb the natural rhythm of the body (i.e. Change our breathing pattern consciously) and is there any need for the same; and the other that as to why do we have two nostrils? He went on to introduce five preparatory practices to prepare the body for pranayama, kriyas, as well as five ancient pranayama practices. Each session commenced with a lecture on the history, veracity, and importance behind pranayama.

**Simplify Life - A Spiritual Discourse**
Swami Anubhavananda

As highlighted in the title, the main idea behind this spiritual discourse was to provide a roadmap on how one can live a simple life. Swamiji, with his joyful demeanor, tried to make a clear distinction between two simplifications. The first, he said, is mechanical. This is due to the availability of different gadgets and excess of information, which ultimately leads to laziness and degradation. The second, and “real” simplification is “letting the divine blissful self to express through us.”
During the discourse Swamiji also touched the topics of evolution and identity of human beings, the importance of yamas and niyamas and the sequential practice of yoga. Giving picturesque examples from life, quoting the Upanishads, the Bhagavad Gita and the Yoga Sutras of Patanjali, Swamiji took the audience through a joyful journey of understanding “the simple happy life.”

**Classical Yoga**
**Dr. Ganesh Rao**

Dr. Rao guided the participants through AUM chanting, pranayama, and asana in the slow, meditative sequence typical of the traditional yoga style. He was steadfast to remind the participants of Patanjali’s definition of asana and that slow movements of the body allow the awareness which brings about control of the mind. Most importantly, Dr. Rao reinforced our need to break the habit of the mind to work in a conditioned way. We can achieve this by maintaining this awareness in our movements at all times during our practice.

**Yoga as Therapy for Back Pain**
**Dr. S. D. Bhalekar**

Dr. S. D. Bhalekar is an eminent Yoga teacher and Ayurvedacharya, who taught asanas within the Kaivalyadhama lineage. He approached yoga asanas with anatomical and physiological perspective in a lively manner which was well received by the attendees. He demonstrated specific set of asanas for people in acute as well as chronic back pain. He emphasized upon lifestyle changes and posture modification for a healthy spine. The session allowed the attendees to know their body in a better way.

**Role of Yogic Breathing Maneuvers (YBM)**
**Towards Healthy Living**
**Shri Sabir Shaikh**

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International Conference

**Yoga as Therapy**

Scope, Evidence, and Evolution

Kaivalyadhama, 23-30 December
This morning session has started with the explanation of yogic breathing maneuvers and pranayama. Mr. Sahikh, an experienced yoga teacher, trainer and therapist, made the audience familiar with some essential breathing techniques. He began with breath-awareness practice or “prana dharana” and went on introducing one by one different pranayamic breathings. At first the audience was asked to clean their respiratory passages by Kapal bhati, right and left fast and slow breathing exercises. The participants of the workshop also have got the chance to experience nadi-shodhana (or anuloma-viloma pranayama), surya bhedana, chandra bhedana and ujjayi pranayamas. In a positive expressive way Mr. Shaikh tuned people and became an inspiration for many to carry these practices in their daily life.

1. All asanas have to be done with complete awareness
2. The parts of the body or muscles extremely necessary to focus on are - core abdominal muscles, quadriceps, hamstrings, knees, shoulders and thoracic region
3. Natural breathing continues always

All participants then practiced Ardha halasana, sethubandhasana, paschimottanasana, pawanmuktasana and naukasana. Shri Tiwari was on the point of view that one has to do asanas as per their body capacity and not force in any way.

Boost-Up Your Self-Healing Mechanism
Pandit Radheshyam Mishra

Pandit Radheshyam spoke about how he healed himself through Hatha Yoga by listening to his own body, and most importantly, by removing the label of ‘sick person’. He described the traditional Hatha yoga as prescribed by the ancient yogis practicing asana as the animals did in nature to enhance their immune system and maintain health. He believes that the body has great potential if one can live a yogic lifestyle. At the time he has spent working with his Guru, he has adapted practices for boosting self-healing that have enabled not only his own good health but is currently helping others to do the same. He shared the following 4 practices during the session as a means

**Sthir Sukham Asanam**
Vivek Tiwari

Vivek Tiwari, a teacher with 23 years of experience, started by explaining Patanjali’s yoga sutra “sthir sukham asanam,” which means our postures should be stable and comfortable. Shri Tiwari initially stressed on the point that one doesn't have to do asanas but be in the asanas. Asanas are more about holding than repetition. Before leading all participants towards the practice of asanas, Shri Tiwari laid emphasis on few points to keep in mind:
to good health, and an energetic life:
1. Pranayama: bhastrika- he explained the process as well as the many benefits including balancing Vayu in the body 2. Jalandhara Bandha: we want to collect all energies from the trunk into the throat and hold
3. Mudra: surya mudra (best done in the presence of the sun with a mantra)
4. Asana: he recommended 5 daily practices 1- Padmasana (10-15 min. With meditation, OM chants, mantra, etc.) 2-padahastasana (hold the breath in the final position with bandhas) 3-Yoga mudra (from Padmasana 3x a day) 4-dandurasana (beautiful stretch for the internal organs and boosting immunity) 5-pawanmuktasana (removes Vayu from the body what is not needed).

**Evening Workshops**

*_Meditation and Meditative Way of Living*_

**Dr. Vinod Samprasad**

During this workshop, Dr. Samprasad, a renowned spiritual guru of 40 years, explained the importance of meditation and the ways to take it into daily life. He began the session with basic, but very important, preparations for the practice, which all of the participants could experience. Dr. Samprasad also showed how to perform simple actions in a meditative manner that are helpful for integrating meditation into daily life and developing body-mind oneness and self-awareness.

**Yogasan as Therapy**

**Yogacharya Vishwas Mandlik**

Based on the teachings of Hatha Yoga within the Bihar School of Yoga lineage, this practical therapy session allowed attendees to journey into their own body via asana. Yogacharya Vishwas Mandlik, recipient of an award from Prime Minister Modi this year for his contribution in the field of Yoga, led the session. He captured the attention of the delegates by exploring six stages of asanas as per Maharishi Patanjali. Participants performed asanas that they could comfortably maintain for an extended period of time.

**Yoga and Metabolic Syndrome X**

**Dr. Deepak Ramniklal Bagadia**

Dr. Bagadia’s session began with a focus on the breath in yoga and meditation. He emphasized the importance of breath in achieving relaxation and in reducing the intensity of thoughts, frustration, and stress.
After practicing pranayama with the audience, he elaborated on the increasing risk of lifestyle-related diseases which manifest in the forms of high glycemc level, hypertension. Dr. Bagadia went on to demonstrate some asanas for alleviating symptoms associated with these diseases. Audience members were asked to practice simple asanas which they could comfortably perform. He concluded the session by sharing tips for silent practice as well as mantra meditation that included the Ha Hu form of dynamic meditation of OSHO.

The Art of Viniyoga
Dr. Kaustubh Desikachar

Dr. Kaustubh started his workshop with the introduction of “Viniyoga” and its application as a therapy. By this he stated that “yoga can be magical, but it is not magic” He stressed on the individualistic approach of yoga and emphasized the value of the teacher-student communication during the practice. After that Dr. Kaustubh presented some of the key principles of Viniyoga, which were: individualization and modifications of practices, “body-breath-mind” and energy alignment, holistic nature of yoga and “fitting” the practice according to the context. After showing the amazing immediate effects of some practices he pointed to the importance of observation and understanding of actual problems and its location.

Exploring the Spiritual Practices for Healing
Swami Nirmalanandaji

Swami Nirmalananda ji’s practical session was based on ancient Indic wisdom, constituting of various spiritual practices and enabling healing of our whole being. Swami Nirmalananda ji from the Bihar School of Yoga explained spirituality as “Process of knowing our spirit” that is knowing oneself and awakening the healing power within. She emphasized the importance of being in a constant state of positivity and happiness resulting in release of happy, healing chemicals in our body. The spiritual practices suggested by her are lifestyle oriented and gives credence to inner transformation through inner awareness. She also conducted a guided "Om meditation" enabling the attendees dive deeper into their being and experience the expanded awareness of the infinite.

Yoga in the Tradition of Yogacharya B.K.S Iyengar
Dr. Rajvi Mehta

This asana session was based on the teachings of Iyengar Yoga within the BKS Iyengar lineage. Dr. Rajvi Mehta, with over thirty years of teaching experience and a direct disciple of Yogacharya B.K.S Iyengar, engrossed the delegates in an interactive
asana session by paying close attention to anatomical details and alignment of each posture. Participants, in each asana, were asked to engage their body parts with total involvement of the mind. She subtly connected her teachings of the asana with that of life.

Transcendental Meditation
Shri Om Narayan Tiwari

Shri Om Narayan Tiwari introduced all the participants to Transcendental Meditation - a technique of meditation introduced in India and later to the world in the mid 1950s to early 1960s by Maharishi Mahesh Yogi. This meditation follows the Guru-Shishya tradition wherein the Guru gives their disciple one mantra to chant twice a day - morning and evening - for 20 minutes each. He started the session with reciting some Vedic mantras to create a serene, meditative atmosphere. Shri Tiwari said that each one of us must ask our own selves some questions - "Who am I? What am I doing? Why am I doing so?" We have forgotten our true self in the material world and the way through which we can reach the self again is Dhyana or meditation. He told that research has been done on transcendental meditation in 32 countries and it is one of the most popular meditation techniques worldwide. It is simple yet a traditional type of meditation. Shri Tiwari then took all the participants on a meditative journey through guided meditation practice.

Applied Aspect of Yoga Sadhana
Yogacharya Shri Krishna Vasudev Vyavahare's

The Yogacharya Shri Krishna's session presented an apt description of Yoga being the science of mind. It was emphasized that through regular, simple yogic practices, it is possible to manage any functional disorder of the body such as diabetes.

He highlighted the importance of deha sadhana at the physical level, prana sadhana at the mental level, bhava sadhana at the emotional level and divya sadhana at the supreme level. These stages when implemented by a person provide good results because they treat not just the symptoms but the root cause of illness. Yogacharya and his team led the audience through meditation and chanting of mantras followed by sukshma vyayama, modified Surya Namaskar, vajrasana, which the audience actively practiced. At the end, the audience was asked to relax in Yoga Nidra with complete awareness of their body.
Log off to Log In - Sri Sri Yoga@work
Kamlesh Barwal

This session "Log off to Log In - Sri Sri Yoga@work" was conducted by Mrs. Kamlesh Barwal from the Art of living organization. Her fun filled session emphasized upon the need to make a shift from outward oriented, stressful lifestyle to a SELF-centric joyous life full of dynamism and enthusiasm. Sri Sri Yoga @work taught by her is a simple form of yoga that can be practiced at the workstation also which gives bouts of energy within the confines of the working hours. The session was a beautiful amalgamation of asanas with philosophy, which taught 'Art of Living' in an effortless manner to the delegates.

Meditative Healing Through Sat Nam Rasayan
Nanak Nihal Singh Khalsa

“Sat Nam” means the true essence or sacred space or the universal consciousness in which all of us can connect to and RASAYAN is relaxation.

This was a practical session for all the participants formed groups of 2 or 3 to heal each other or to learn the technique of healing a person in need. The key is to allow the healing to happen through meditation and observation not action.

Shri Nanak Nihal took everyone on a journey within. All participants had to chant Sat Nam mentally with their focus on the ajna chakra. It was an enchanting experience for all present - increased their awareness, dropped any sort of resistance and deeper the healing experience.

Yoga for Children with Special Needs
Dr. Meena Ramanathan

Dr. Meena opened the workshop by emphasizing that these special children have special abilities, not disabilities. And that we as yoga teachers and therapist are not teaching therapy to the children, but that just being with them is therapy. She asked the participants to suspend their adult-ness, remove any inhibitions and just enjoy! She gave us a sample of the practices delivered in her program “Divyana Kids". She utilizes the concept of kriyas as rational, meaningful movement synchronized with the breathing as a way to gather all our worries and throw them out! There was an emphasis on expressing one's self with movement and sound and also suggested telling stores to integrate asana in an enjoyable, interactive way to keep the fun factor the children so much enjoy. An entertaining and enjoyable afternoon session.
Nidra Yoga
Mr. Andre Riehl

Mr. Riehl first explained the 2 parts of Nidra Yoga. The first part is on the back (or sitting) relaxing, using our will power, thus leading us to letting go which relates to trust, trusting in not knowing what will happen. This then leads us into surrender where we give ourselves to something either imagined (a dependent object) or to nothingness (simply a direction). The second part (sitting) can be called concentration (dharana), staying present, which is not always easy due to our senses, emotions or thoughts which takes our concentration. When the faith of nothingness and concentration operate together, the state of the mind naturally changes, this is otherwise known as the meditative state. Here, nothing is perceived against anything else, no duality or division. ‘Not even the state of being the ‘doer’. In this practice it either happens or it doesn't, either is OK- just surrender. We cannot control many things about the mind, but we can ‘play’ with relaxing and being present. However, there is a level where we stop playing and something plays us, we become the game. He explained the challenges of falling asleep and surrendering to the pain that may come up in our body- consider this part of the cleansing process and remain still. He then led us through the practice of Nidra Yoga for over an hour, leaving participants in a relaxed and tranquil state.

Paper Presentation
As part of its efforts to promote active dialogue on Yoga as therapy, Kaivalyadhama held two sessions for the delegates to present their written research work on relevant topics. Candidates were judged by a program committee on the depth of their work. Four prizes were awarded to the top candidates. The sessions were divided into:
(i) clinical/scientific session and
(ii) philosophical session.

This paper presentation session was chaired by Dr. Dilip Sarkar and Yogacharya Dr Anand Balayogi Bhavanani. Out of the six papers that were presented, two candidates were declared as winners.

Yoga and self-regulation in management of essential arterial hypertension and associated emotional symptomatology: A randomized controlled trial

Dr. Laura Tolbanos Roche
Dr. Laura presented her study on understanding mechanisms underlying positive effect of yoga on essential arterial hypertension and related emotional symptomatology. She conducted her experiments on three different groups (namely Himalayan tradition, meditation, pranayama and yoga practice). Her research showed that yoga practice has a beneficial effect on physiological, emotional and cognitive self-regulation. The fact that there was a differential effect on the Himalayan meditation group with respect to systolic and diastolic blood pressure is an interesting contribution in the treatment of essential arterial hypertension and related emotional symptomatology.

G Inbaraj discussed the allergic rhinitis being one of the most common and chronic health problems with a high prevalence, causing major morbidity worldwide. He further presented that the effect of yoga on allergic rhinitis has not been undertaken on an objective basis till date and keeping this in mind, this study was conducted. His study demonstrated the mind-body approach of yoga and conventional care in reducing total nasal resistance and improving total nasal airflow with subjective improvement. The conclusion of his research was that yoga is an effective adjuvant therapy in the management of allergic rhinitis.

**Role of yoga in modulating upper airway resistance in patients with allergic rhinitis**

G. Inbaraj

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**Philosophical Sessio - (29.12.2018)**

This paper presentation session was chaired by Dr. Arthur Brownstein and Dr. B.R. Sharma. Out of the five papers that were presented, two candidates were declared as winners.

**A Yoga Theory Model for Supporting Cancer Patients**

Ms. Chen Orbach
Ms. Chen Orbach, the first winner, began with a narrative of her personal battle with cancer. She exemplified the effectiveness of yoga therapy in cancer treatment. She stressed on the need to promote yoga as life therapy since apart from the health benefits, yoga has the ability to insulate a person from suffering and guide them towards higher goals in life. She listed few yogic practices that can benefit cancer patients. She also threw light on the challenges that cancer patients face and how these can be addressed in a positive way.

**Patanjali’s Kriya Yoga**
Ms. Shyamala Prasad

The second winner, Shyamala Prasad focused on the therapeutic aspect of yoga in achieving overall improved health. She described the transformative action of Patanjali’s Kriya yoga in helping a practitioner to achieve more control on life. While explaining kriya yoga as tapah, swadhyay, ishwara pranidhana, she interrelated it with physical, mental and spiritual health.

**Poster Presentation**
As part of the 9th International conference, Kaivalyadhama also hosted a poster presentation competition to evaluate the best illustration of yogic practices under the categories of scientific research, clinical research and philosophical-literary research. There were 37 participants who submitted their posters. The presentations were judged by a program committee, which was comprised of two experts: Mr. B. B Singh and Professor R. K Bodhe. Winners under the different categories were:

**Scientific Research**
Rank 1: Mr. Shrikant Jois

Topic: The power of practicing Super brain yoga on enhancing physiological and psychological well-being amongst school students
Rank 2: Dr. Govind Kadam

Topic: Effect of yoga and Aerobic exercise: A comparison of biomechanical parameters in college men

Clinical Research
Rank 1: Dr. Rajiv Dixit

Topic: Effect of simple yogic practices focused on training mind and culturing emotions on type-II diabetics

Rank 2: Mr. Danilo Stantaella

Topic: Greater anteroposterior default mode network functional connectivity in long term elderly yoga practitioner

Philosophical-literary Research
Rank 1: Ms. Bhagwatidevi V Mukhedkar

Topic: Gheranda Samhita: A useful tool in treating various disease conditions
Rank 2: Ms. Hans Yadav

Topic: योग द्वार विकित्सा - कल्पना नर्तकी की दृष्टि से।
Resolution

The delegates of the 9th International Conference on Yoga as Therapy: Scope, Evidence and Evolution held at Kaivalyadhama Lonavla, India Resolve as under:

1. Since therapy is an inclusive part of Yoga, which is taught on a day to day basis all over the country, efforts should be made to develop sustaining standards for a Yoga Therapy Course.

2. The standards in Yoga Therapy will ensure that Yoga as Therapy is administered by Yoga Therapists who are well-equipped to treat patients without causing any harm or complications. Therefore, due mechanism should be established for the Certification of Yoga Therapists.

3. It is learnt that the MCI has already included Yoga in its curriculum for medical students. This curriculum should not only include all the Yoga practices, but should also cover the philosophy, psychology, ethics and the rationale of Yogic life style.

4. Increased Research into the efficacy of Yoga practices and their effects is the need of the hour. The results of these researches should be preserved and disseminated so that more and more people, including Yoga Therapists and Teachers get their benefits. Therefore, a Research Resource Bank with adequate networking capacity should be created and all made aware of it.

Proposed by Dr. Ananda Balyogi
Seconded by Dr. N. Ganesh Rao
### Statistical Data Of The Participants Attended The 9th International Conference

#### Groups and Online Registration

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### Statistical Data Of The Participants Attended The 9th International Conference

#### INTERNATIONAL DELEGATES

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Dear Dr. Subodh

Greetings

Thank you the opportunity to visit Kaivalyadham. I enjoyed the meeting, the talks (with excellent audio-video support), the history map (by the side of coffee shop) and esp the quality of early morning workshops. The campus was intellectually stimulating, roads were nicely lit up with Diyas in the evening and the students and faculty radiated a spirit of commitment and unqualified display of hospitality. This made the discourse in Kaivalyadham an uplifting experience. I made new contacts which will soon convert into collaborations. Frankly, Anoop Jalota night rekindled my diminishing Bhakti Yoga spirit as he spontaneously mesmerised and inspired everyone, almost suggesting research into how Pranayama practice among kids could result in late life memory enhancing effects, evident from his narrative of childhood exposure to Pranayama. The food was not only delicious but very nicely presented, with neatly appointed decorations. The design, architecture, comfort, music and cleanliness of the guest rooms and the adjoining buildings was simple yet elegant and aesthetic. It was such an enriching experience for me that I forgot to visit famous Khandala view point or even consider a visit to AFMC, NCCS or Osho Ashram.

AKSHAY ANAND, PhD
Professor

Editor in Chief, Integrative Medicine International and Annals of Neurosciences
Visiting Professor, KPUM Japan and LEEU, Lutsk
Zonal Coordinator, Nyantrit Madhumeh Bharat, Indian Yoga Association
Sr Scientist, SSIAR, Bangalore
Neuroscience Research Lab, Neurology, PGIMER, Chandigarh
Dear Subodh

I came home to Sweden last night, with a broad smile all over my soul. The experience in India at Kdham this time was overwhelming. You put together a fantastic program and all the students and staff did an amazing job taking care of us all in the outmost way - which reflects back at you as CEO and leader of Kdham. You are the perfect example of being "the right man in the right place".

And the content of the conference itself, with all its components, speakers and presenters, panels and evening performances - top quality in all aspects. Your opening and closing speeches were at the absolute top of all this. You are doing a very important job and I thank you for it.

I am deeply thankful for having being invited to and having been a part of this.

Warm Regards

Göran

Göran Boll YogaInstitut

www.goranboll.yoga
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