



Pre Congress Workshop: Role of AYUSH and Yoga in NCDs (Ministry of AYUSH/WNF)
Venue: Punjab University
Hall: English Auditorium
3rd November 2017; 09:00 hrs – 17:00 hrs

Time	Session Detail	Chair / Key Faculty
9:00AM-10:30AM	Technical Session 1: AYUSH and NCDs 1. Role of AYUSH in NCDs a) Indian Initiative of AYUSH Integration in Health System. b) AYUSH intervention under National Program for Prevention & control of Cancer, Diabetes, Cardiovascular diseases & Stroke. 2. Origin foundation and guiding principles of Yoga 3. Role of Homeopathy in NCDs. 4. Evidence based AYUSH and Yoga?	Dr DC Katoch, Adviser, Ministry of AYUSH, New Delhi. Dr. Ishwar V. Basavaraddi, Director, MDNIY, New Delhi, WHO-CC on Traditional Medicines. Dr. RK Manchanda Director General, Homeopathy Council. Prof. Meenu Singh Professor, Department of Pediatric, PGIMER, Chandigarh
10:30AM-11:00AM	Mobility Break	
11:00AM-12:30PM	Panel Discussion 2: 1. Foundation and guiding principles of Yoga for wellness. 2. Yoga for musculoskeletal disorders 3. Yoga for Cancer	Dr. Ishwar V. Basavaraddi, Director, MDNIY, New Delhi. International Faculty Dr. Manoj Naik MD Yoga Consultant, BKS Iyenger Yoga Institute, Pune Dr. Satish Pathak Chief Consultant
Session 1: Role of Yoga In controlling Hypertension and CVDs		
12:30 PM-1:15PM	Inauguration	Welcome: Prof. JS Thakur Chair, Organizing Committee Chief Guest: Shri Shripad Yesso Naik Hon'ble Minister of AYUSH, Government of India. Guest of Honour: 1. Sh. Ajit M. Sharan Secretary, Ministry of AYUSH, Govt. of India. 2. Prof. Jagat Ram Director, PGIMER, Chandigarh
1:15PM-2:00PM	Refreshments	
2:00PM-3:30PM	Session 2: Practical Sessions for Health and Wellness through Yoga: ➤ Pranayama and Yogasana ➤ Role of Healthy diet during Yoga. ➤ Ayurvedic/Herbals products.	National Faculty MDNIY, New Delhi
3:30PM-4:00PM	Mobility Break	
4:00PM-5:00PM	Group Work: Plan of Action and Recommendations for how to mainstream Yoga in Prevention and Control of NCDs. Group Work Presentation	National Faculty MDNIY, New Delhi