



**100**  
YEARS

EVENT SUPPORTED BY



# 11<sup>th</sup> International Conference

**04-07** Dec, 2024  
Kaivalyadhama, Lonavala

**YOGA IN CANCER CARE**  
Scope, Evidence and Evolution

**कर्क रोग में योग**  
व्याप्ति, प्रमाण एवं विकास



**YOGA IN  
CANCER CARE**


INTERNATIONAL CONFERENCE 2024  
KAIVALYADHAMAM • DEC 04-07



Managing cancer has become a significant public health challenge with the rising global cancer burden (19.3 million new cancer cases in 2020 estimated to rise to nearly 30 million by 2040). Due to recent advancements in cancer treatments, 68% are estimated to survive the disease, which is certainly a good news. However, this means that healthcare systems need to be prepared to handle this ever-growing cancer survivorship, which is unfortunately not the case presently, especially when it comes to providing supportive care for patients during and after cancer treatment. It is well-known

**19.3 million new cancer cases in 2020,  
estimated to rise to nearly 30 million by 2040.**

that standard cancer treatments cause several short- and long-term adverse side-effects that makes managing one's lifestyle a key factor in improving health and quality of life while surviving the disease. Lifestyle transformation is essential even for preventing cancer recurrence. However, this lifestyle transformation during survivorship is more likely if a mechanism is created to support and empower cancer patients and survivors to effectively manage their overall health and wellbeing during and after cancer treatments.

A grayscale photograph of a woman sitting in a meditative pose (Padmasana) on a mat. She is wearing a patterned, short-sleeved top and matching pants. Her eyes are closed, and she has a calm expression. In the background, another person is visible, also in a meditative pose, in a room with a window and curtains. The image is semi-transparent and serves as a background for the text on the left side of the page.

## **Yoga is useful in cancer recovery as it helps patients and survivors to let go of their stress, relax, and tune in with their inner healing powers.**

Yoga therapy in cancer usually involves a combination of relaxation practices, regulated breathing, slow and rhythmic body movements, soothing self-sounds, and mind-calming meditative techniques. **This sort of a holistic combination of self-care tools addressing the physical, physiological, emotional, mental, psychological and spiritual aspects of a human being brings greater connectedness and integration within the person of their body, breath, mind and spirit.** As yoga is a reasonably safe, low-impact activity, it is generally preferred by cancer patients and survivors. Having yoga in their life makes them feel good and endows them with a sense of overall empowerment in a vulnerable situation.

### **Yoga has shown its highest impact in cancer-related care in the psychological domain.**

The state-of-the-art evidence reveals that yoga interventions produce beneficial effects on health-related quality of life, cancer-related fatigue, sleep, psychological health in terms of improvement in anxiety, depression, perceived stress, and psychological distress, as well as overall wellbeing covering functional, emotional, social and spiritual aspects. Considering the patient-reported long-term benefits of yoga and the accumulating research evidence, oncologists and cancer organizations have now started recommending yoga practices both for speedy recovery and as protection against cancer occurrence and recurrence.

Research also reveals that when a yoga-based support mechanism is put in place either through the healthcare system or by self/social motivation in the life of cancer patients and survivors, yoga can be a game-changer. Yoga can act as a means to unflinching positivity, psychological empowerment and self-healing in cancer. It is, thus, imperative to introduce the path of yoga during cancer treatment and survivorship, enabling discovery of the healing power within, manifesting in turn, as greater coping abilities, positivity, and self-empowerment of cancer patients and survivors.

Kaivalyadhama's unwavering commitment to supporting individuals affected by cancer is reflected in its various past and ongoing initiatives. Through collaborations with institutions like Tata ACTREC (Advanced Centre for Treatment, Research and Education in Cancer), Mumbai, MDTC (Malignant Diseases Treatment Centre), Command Hospital Pune, and Vishranti CIMS (Care India Medical Society), Pune, in offering yoga-based interventions to diverse populations grappling with cancer, we have extended yoga's reach and facilitated supportive community engagement.

## **Kaivalyadhama's collaborations**

**Tata ACTREC (Advanced  
Centre for Treatment,  
Research and Education in  
Cancer), Mumbai**

---

**MDTC (Malignant Diseases  
Treatment Centre),  
Command Hospital, Pune**

---

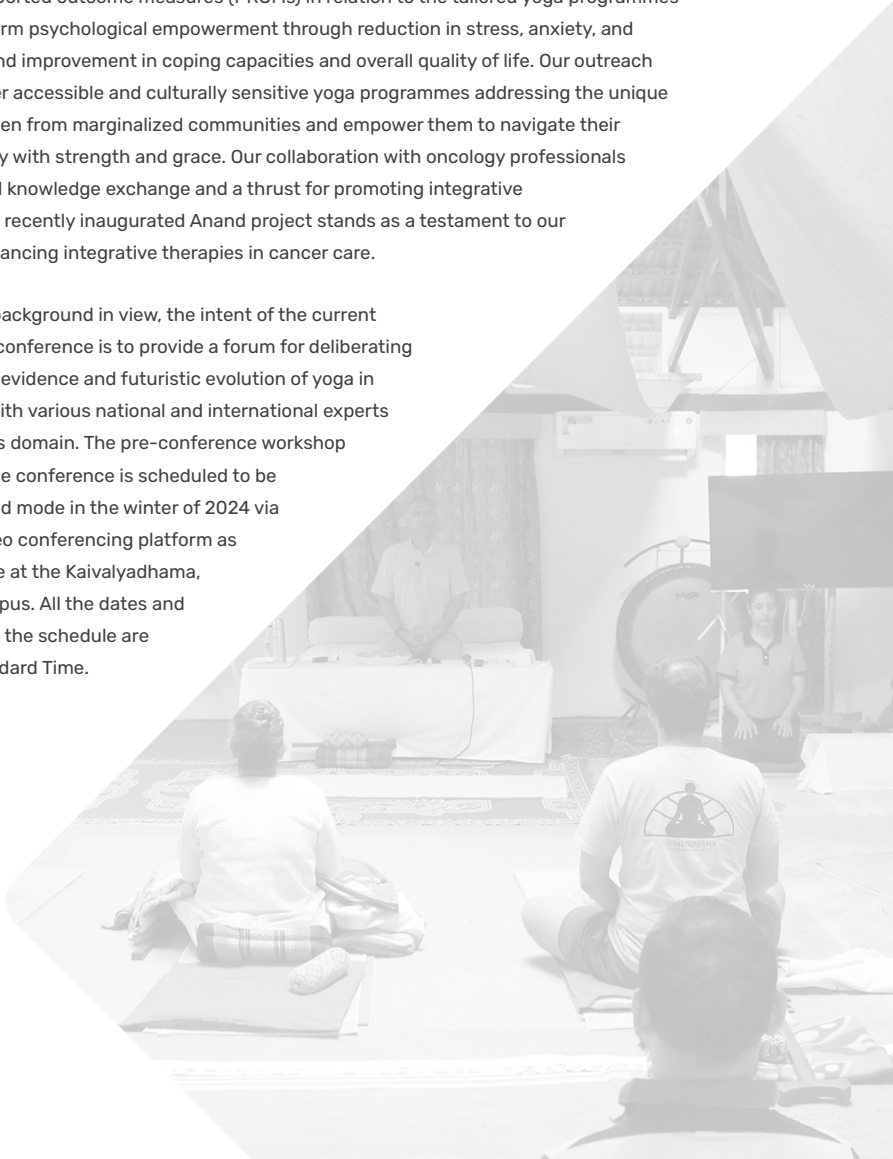
**Vishrant CIMS (Care India  
Medical Society), Pune**



## Kaivalyadhama's SOHAM programme

Our multi-faceted SOHAM programme for chronic conditions has transformed the lives of individuals coping with the challenges of cancer treatment and survivorship. Our research on patient-reported outcome measures (PROMs) in relation to the tailored yoga programmes reveal long-term psychological empowerment through reduction in stress, anxiety, and depression, and improvement in coping capacities and overall quality of life. Our outreach initiatives offer accessible and culturally sensitive yoga programmes addressing the unique needs of women from marginalized communities and empower them to navigate their cancer journey with strength and grace. Our collaboration with oncology professionals has facilitated knowledge exchange and a thrust for promoting integrative medicine. The recently inaugurated Anand project stands as a testament to our resolve to advancing integrative therapies in cancer care.

Keeping this background in view, the intent of the current international conference is to provide a forum for deliberating on the scope, evidence and futuristic evolution of yoga in cancer care with various national and international experts working in this domain. The pre-conference workshop followed by the conference is scheduled to be held in a hybrid mode in the winter of 2024 via the Zoom video conferencing platform as well as on-site at the Kaivalyadhama, Lonavala campus. All the dates and times given in the schedule are in Indian Standard Time.



# SCHEDULE OF THE CONFERENCE

---

**04** DECEMBER, 2024

**WEDNESDAY**

*Half-day pre-conference workshops*

**10.00 am onwards**      **REGISTRATION**

---

**12.00 pm - 1.00 pm**      LUNCH

---

**1.30 pm - 3.00 pm**      **WORKSHOP**

## Yoga Research: The Proper Choice of Quantitative Methods

This workshop will review quantitative research designs and methods applicable to yoga research. It will cover descriptive studies, prospective intervention trials, and their application to both physiological and psychological outcomes in healthy and clinical populations.

**Facilitator: Dr Sat Bir Singh Khalsa**, Director of Research, Kundalini Research Institute; Research Associate, Benson Henry Institute for Mind Body Medicine; Research Affiliate, Osher Centre for Integrative Medicine; & Associate Professor of Medicine, Brigham and Women's Hospital, Harvard Medical School, USA

---

**3.00 pm - 3.30 pm**      TEA BREAK

---

**3.30 pm - 5.00 pm**      **WORKSHOP**

## Outside-the-Box Designs: Using Qualitative Approaches in Yoga Research

This workshop will challenge traditional research methodologies used in yoga research by incorporating creative approaches to address complex or unique research questions. It is underpinned by the principles of Participatory Action Research, encouraging collaboration between researchers and participants for co-creating knowledge and innovative 'lived expertise' practices for wellbeing.

**Facilitator: Prof. Raghu Raghavan**, Professor of Mental Health, De Montfort University, UK

---

**7.00 pm - 8.00 pm.**      DINNER

---

8.00 am - 9.00 am MAHARSHI PATAÑJALI POOJA

📍 Patanjali Circle

9.00 am onwards REGISTRATION

9.00 am - 10.00 am BREAKFAST

10.00 am - 11.30 am INAUGURATION CEREMONY

Live streaming

📍 Kudilal Main Hall 1

**Guest: Dr Pankaj Chaturvedi**, Director of the Advanced Centre for Treatment, Research and Education in Cancer, Tata Memorial Centre

11.30 am - 11.45 am TEA BREAK

11.45 am - 12.45 pm KEYNOTE ADDRESS

Live streaming

📍 Kudilal Main Hall 1

Yoga in cancer care: The state-of-the-art in integrative medicine

This keynote highlights the integration of yoga in cancer care, exploring current advancements and the impact of evidence-based practices in oncology.

**Keynote Speaker (online): Dr Lorenzo Cohen**, Director, Integrative Medicine Programme, The University of Texas MD Anderson Cancer Centre, USA

**Chair: Dr Pankaj Chaturvedi**, Director of the Advanced Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre

12.45 pm - 1.45 pm LUNCH

2.00 pm - 3.00 pm PLENARY SESSION #1

Live streaming

📍 Kudilal Main Hall 1

The scope of yoga in cancer care: Challenges and prospects of bridging ancient knowledge with modern medicine

This session addresses the potential of yoga to complement modern cancer treatments and explores the challenges of integrating ancient healing systems into contemporary healthcare.

**Speaker #1: Dr Sunil Saini**, Director, Cancer Research Institute, Himalayan Institute of Medical Sciences, Professor & Head, Dept. of Surgical Oncology, Swami Rama Himalayan University, Dehradun

**Speaker #2: Dr K.S. Gopinath**, Founder consultant of HCG, Director of the RL Jalappa Institute of Oncology, Bengaluru

**Chair: Dr Shubhada Chiplunkar**, Former-Director, ACTREC, & Head Tumour Immunology Immunotherapy, ACTREC, Tata Memorial Centre, Kharghar

3.00 pm - 3.15 pm

TEA BREAK

3.15 pm - 4.45 pm

**PANEL DISCUSSION #1** Kudilal Main Hall 1

Live streaming

**The potential of yoga in cancer prevention, long-term recovery and relapse prevention**

This panel discusses how yoga mitigates key risk factors in preventing non-communicable diseases like cancer, reveals how yoga fosters resilience, emotional strength, and coping skills, empowering cancer survivors, and uncovers the transformative potential of yoga as a scalable, cost-effective public health intervention in reducing cancer incidence and improving population health worldwide.

**1. The role of yoga in addressing the risk factors for non-communicable diseases and cancer**

**Speaker: Dr Sat Bir Singh Khalsa**, Director of Research, Kundalini Research Institute; Research Associate, Benson Henry Institute for Mind Body Medicine; Research Affiliate, Osher Centre for Integrative Medicine; & Associate Professor of Medicine, Brigham and Women's Hospital, Harvard Medical School, USA

**2. Building long-term psychological coping capacities and resilience through yoga during cancer survivorship**

**Speaker: Dr Praseeda Menon**, Research Officer, Scientific Research Department; & Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

**3. Yoga as a public health strategy in reducing the global cancer burden**

**Speaker: Dr Rima Dada**, Professor, Department of Anatomy, All India Institute of Medical Science (AIIMS), Delhi

**Moderator: Dr (Major) Mukurdipi Ray**, Professor of Surgical Oncology, AIIMS, Delhi

5.00 pm - 6.15 pm

(5 parallel sessions)

**PRACTICAL WORKSHOPS #1****Session 1: Kriya Yoga for self-care** Kudilal Main Hall 1

Kriya Yoga, rooted in ancient sages' teachings and Kaivalyadhama tradition, helps alleviate existential miseries (Pancha Klesha) and promotes holistic health through techniques like Pranayama, Omkar, and Gayatri Mantra.

**Facilitator - Dr Ranjeet Singh Bhogal**, Joint Director of Research, Kaivalyadhama Yoga Institute, Lonavala



---

## Session 2: Yogic management of psycho-socio-spiritual health in cancer

📍 Kudilal First Floor Hall 2

The workshop will include a theory session on the psycho-social consequences of cancer, yoga's role in enhancing mental well-being, and spiritual evolution. It will also feature a yoga session specifically focused on improving mental health.

**Facilitator - Dr Kashinath Metri**, Assistant Professor, Department of Yoga, Central University of Rajasthan, Ajmer

---

## Session 3: Simple yoga practices to boost immunity during cancer survivorship

📍 Vasishtha Hall 3

The workshop will cover breathing techniques, restorative asanas, Shudhhi Kriyas for immunity, meditation, and relaxing postures, followed by a practice session. It will also include discussions, feedback, Q&A, and lifestyle recommendations for overall well-being.

**Facilitator - Yogacharya Sandhya Dixit**, Senior Yoga Teacher, Kaivalyadhama Yoga Institute, Lonavala

---

## Session 4 - Yoga as a lifestyle to promote resilience during cancer survivorship

📍 Vyasa Hall 4

This session will teach how integrating yoga into daily life can support resilience and promote a healthy, balanced lifestyle after cancer treatment.

**Facilitators - Mr Yogesh Vaidya & Mr Rajesh Bhalerao**, Yoga Therapists, Kaivalyadhama Pune

---

## Session 5: Yoga practices for stress management of healthcare professionals in cancer

📍 Saraswati Hall 5

This workshop is a hands-on session that will give the participants tools to combat the ominous burnout experienced by health care providers. It will share practices and concepts to enhance resilience by releasing pent up stress, stabilizing emotional imbalances and by learning to induce the relaxation response.

**Facilitator - Dr Ananda B. Bhavanani**, Director, Institute of Salutogenesis and Complementary Medicine (ISCM) & Professor of Yoga Therapy, Sri Balaji Vidyapeeth University, Puducherry

---

7.15 pm - 8.15 pm

Live streaming

## CULTURAL PROGRAMME #1

## Kahat Kabir Suno Bhai Sadho – Concert of Kabir folk songs

 Kudilal Main Hall 1

The concert beautifully weaves together the spiritual and philosophical teachings of Kabir through traditional music. This immersive experience offers a deep connection to the wisdom and soul-stirring verses of Kabir, bringing peace and reflection to the audience.

**Artist: Padmashree Dr Kaluram Bamniya**, Kabir folk singer

8.30 pm - 9.30 pm

DINNER

## 06 DECEMBER, 2024

## FRIDAY

7.00 am - 8.15 am

(5 parallel sessions)

## PRACTICAL WORKSHOPS #2

## Session 1: Yoga practices for improvement of cognitive function of a chemo-brain

 Kudilal Main Hall 1

This session will focus on specific yoga practices aimed at enhancing cognitive function and addressing the cognitive challenges often faced by cancer patients undergoing chemotherapy.

**Facilitator: Dr Sharadchandra Bhalekar**, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

## Session 2: Mindful Asana practice in cancer survivorship

 Kudilal First Floor Hall 2

This session uses a human skeleton model to provide a deeper understanding of asanas, enhancing participants' awareness of body alignment. By alternating between performing and observing, participants will explore key limitations and challenges in each posture.

**Facilitator: Dr Mrityunjay Rathore**, Professor, Department of Anatomy, AIIMS, Raipur

---

### Session 3: Yoga practices for optimal health in Stage 1 cancer: Reconnecting with Your Body

 Vasishtha Hall 3

This workshop focuses on yoga practices for individuals newly diagnosed with cancer, helping them reconnect with their body and foster acceptance after feeling betrayed by it.

**Facilitator: Ms Maxine Levy**, Yoga Therapist & Founder, Maxine Yoga, UK

---

### Session 4: Yoga practices for stress management of cancer caregivers

 Vyasa Hall 4

The workshop will focus on mindful relaxation through an integrated yoga therapy approach, including warm-up practices, asanas, pranayama, and relaxation techniques. It will incorporate standing, sitting, and lying down practices to promote deep relaxation and overall well-being for caregivers dealing with stress.

**Facilitator: Dr Meena Ramanathan**, Vice Principal & Professor, School of Yoga Therapy, ISCM, Balaji Vidyapeeth, Puducherry

---

### Session 5: Yoga practices for mastering emotions

 Saraswati Hall 5

This session includes a lecture on mastering emotions followed by a meditation practice (Cyclic Meditation/Avartana Dhyana). Cyclic meditation is an effective stress management technique suitable for all levels, combining stimulating and relaxation-based exercises. This practice offers numerous benefits, promoting mental clarity, emotional balance, and an improved overall quality of life.

**Facilitator: Dr Padmini Tekur**, Associate Professor, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru

---

8.30 am - 9.30 am

BREAKFAST

---

09.45 am - 10.45 am

**PLENARY SESSION #2**

Live streaming

 Kudilal Main Hall 1

The integration of evidence-based yogic methods into cancer care delivery in mainstream healthcare: Current status and realistic roadmaps

Experts discuss the current status and future possibilities for integrating evidence-based yogic methods into mainstream cancer care.

**Speaker #1: Dr Nita Nair**, Lead Breast Surgeon, Apollo Hospital, Mumbai

**Speaker #2: Dr Po-Ju Lin**, Assistant Professor in Supportive Care in Cancer at the University of Rochester Medical Centre, USA

**Chair: Maj. Gen. (Dr) Amul Kapoor**, Deputy Commandant Army Hospital (R&R), Delhi

---

---

10.45 am - 11.00 am TEA BREAK

---

11.00 am - 12.30 pm **PANEL DISCUSSION #2**

 Kudilal Main Hall 1

Live streaming

### Evidence-based yogic interventions for meeting unmet psycho-socio-spiritual needs in the cancer care continuum

This panel discussion explores the evidence-based benefits of yoga for comprehensive care of cancer patients and survivors, addresses how yoga supports caregivers and healthcare professionals, enhancing their overall well-being in the demanding field of cancer care, and discovers the role of yoga in providing comfort, meaning, and dignity to patients during end-of-life care through psycho-socio-spiritual practices.

#### 1. Evidence-based yoga therapy for holistic care management of cancer patients and survivors

**Speaker: Dr Amritanshu Ram**, Head of the Department, Complementary and Integrative Oncology, Health Care Global Cancer Centre, Bengaluru

---

#### 2. Evidence-based yogic interventions for psycho-socio-spiritual well-being of caregivers and healthcare professionals in cancer

**Speaker: Dr Ananda B. Bhavanani**, Director & Professor of Yoga Therapy, ISCM, Sri Balaji Vidyapeeth University, Puducherry

---

#### 3. The evidence for psycho-socio-spiritual dimensions of yoga in end-of-life cancer care

**Speaker: Dr Shripad D. Banavali**, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai

---

**Moderator: Dr Alpa Dalal**, Head of Pulmonology, Jupiter Hospital, Thane

---

12.45 am - 1.45 pm LUNCH

---

2.00 pm - 3.00 pm **ORAL PAPER PRESENTATIONS**

(Parallel sessions)

 Kudilal Main Hall 1

---

Live streaming

**POSTER PRESENTATIONS**

 Adinath Hall 6 - Near Buddha Statue

---

3.00 pm - 3.15 pm TEA BREAK

---

3.15 pm - 4.45 pm

**CASE BASED DISCUSSION** Kudilal Main Hall 1**Evidence-based yogic interventions for meeting unmet psycho-socio-spiritual needs in the cancer care continuum**

Panellists will present real-world cancer cases where integrative yoga and medicine have played key roles in patient management, focusing on breast and colorectal cancer.

**Speakers:**

- 1. Dr (Major) Mukurdipi Ray**, Professor of Surgical Oncology, AIIMS, Delhi
  - 2. Prof. (Dr) K. Satya Lakshmi**, Director, National Institute of Naturopathy (NIN), Pune
  - 3. Dr Manohar Gundeti**, Research Officer (Ayurveda), Central Ayurveda Research Institute (CARI), Mumbai
  - 4. Dr Kashinath Metri**, Assistant Professor, Department of Yoga, Central University of Rajasthan
  - 5. Dr Sharadchandra Bhalekar**, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute
  - 6. Ms Ruby Ahluwalia**, Senior Ex-bureaucrat from Indian Civil Services, & Founder, Sanjeevani - Life Beyond Cancer, Goa
- Moderator: Dr Ananda B. Bhavanani**, Director of the Institute of Salutogenesis and Complementary Medicine (ISCM) and Professor of Yoga Therapy at Sri Balaji Vidyapeeth University, Puducherry

5.00 pm - 6.15 pm

(5 parallel sessions)

**PRACTICAL WORKSHOPS #3****Session 1: The importance of diet and nutrition in cancer care** Kudilal Main Hall 1

This workshop will explore the critical role of diet and nutrition in supporting cancer patients during treatment and recovery. It will focus on how a balanced, nutrient-rich diet can enhance the effectiveness of cancer therapies, boost immunity, and improve overall well-being.

**Facilitator: Dr Ritu Prasad**, Resident Doctor, Kaivalyadhama Yoga Institute, Lonavala

**Session 2: Dhyana for Inner Harmony** Kudilal First Floor Hall 2

"Dhyana for Inner Harmony" is a meditation practice focused on cultivating peace and balance within. It helps participants achieve mental clarity, emotional stability, and a deep sense of inner harmony.

**Facilitator: Shri Shrikrishna Mhaskar**, Head of Yoga Department, Ghantali Mitra Mandal, & Secretary, Indian Yoga Association, Maharashtra Chapter

---

### Session 3: Yoga practices for optimal health in Stage 2 cancer: Navigating the healing journey

 Vasishtha Hall 3

This workshop deals with facing the uncertainties that follow a cancer diagnosis, with emphasis on the healing process through tailoring an approach to practice that is based around personal needs

**Facilitator: Ms Maxine Levy**, Yoga Therapist & Founder, Maxine Yoga, UK

---

### Session 4: Pranayama practices for cancer patients and survivors

 Vyasa Hall 4

This session will introduce recommended pranayama techniques for cancer survivors, including Anuloma Viloma, Chandrabhedan, Ujjayi, and others, to promote healing and well-being. It will also include preparatory Abhyas to support the effective practice of these techniques.

**Facilitator: Shri Neeraj Singh**, Senior Yoga Therapist, Kaivalyadhama Yoga Institute, Lonavala

---

### Session 5: Guided deep relaxation for wellbeing

 Saraswati Hall 5

A transformative Guided Deep Relaxation workshop, where you'll learn powerful techniques to manage stress, reduce anxiety, and improve sleep. This immersive session promotes mental resilience, inner peace, and overall well-being through breathing exercises, body scans, and visualization.

**Facilitator: Ms Renu Jain**, Yogic Lifestyle Coach, Kaivalyadhama, Lonavala

---

7.15 pm - 8.15 pm

Live streaming

#### CULTURAL PROGRAMME #2

### Nritya Yoga - "Kalaayan Presents: Dwait - Adwait"

 Kudilal Main Hall 1

Dwait - Adwait is a Bharatnatyam repertoire that journeys from duality to non-duality, exploring cosmic and spiritual harmony. The performance begins with the Patanjali Stotra and unfolds through pieces like Alaripu—symbolizing the union of yoga and Bharatanatyam—and narratives showcasing divine collaboration. The vibrant Tillana celebrates emotions through dance, concluding with a universal prayer for well-being, embodying unity and interconnectedness.

**Artist: Ms Rama Kuknur**, Bharatnatyam dancer

---

8.30 pm - 9.30 pm

DINNER

---

6.30 am - 7.45 am  
(5 parallel sessions)

## PRACTICAL WORKSHOPS #4

### Session 1: Chakra meditation for wellbeing

 Kudilal Main Hall 1

The Chakra Meditation Workshop aims to provide participants with a deep understanding of chakra meditation as a holistic approach to well-being. Designed to guide individuals in balancing the body's seven major energy centres, this workshop offers both theoretical insights and practical techniques to help individuals harness the physical, mental, and emotional benefits of chakra meditation.

**Facilitator: Dr Santosh Pandey**, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

### Session 2: Psycho-spiritual palliative care in cancer

 Kudilal First Floor Hall 2

Explore how yoga and psycho-spiritual care can complement traditional palliative care, enhancing the quality of life for cancer patients

**Facilitator: Mrs Saraswathi Vasudevan**, Yoga Therapist & Co-founder YogaVahini, Chennai

### Session 3: Yoga practices for optimal health in Stages 3 & 4 cancer

 Vasishtha Hall 3

Yoga for advanced stages of cancer is intended for those with limited physical ability. It offers simple body-mind-breath practices to improve energy, enhance mental clarity, and encourage positive thinking.

**Facilitator: Ms Maxine Levy**, Yoga Therapist & Founder, Maxine Yoga, UK

### Session 4: Integrative cancer therapy through Yoga, Ayurveda, and Naturopathy

 Vyasa Hall 4

This session will explore the integration of Yoga, Ayurveda, and Naturopathy in cancer therapy, focusing on holistic approaches to healing. It will highlight how these ancient practices can work synergistically to support cancer treatment, improve recovery, and enhance overall well-being.

**Facilitator: Dr Gayatri Gohil**, In-charge Medical and Therapy Team, Ishwardas Chunilal Yogic Health Centre, Kaivalyadhama, Mumbai

---

## Session 5: Trataka as a form of mental catharsis in cancer care

 Saraswati Hall 5

Trataka is one of the six cleansing processes (Kriyas) mentioned in Hatha yoga. This yogic technique brings emotional and cognitive balance, helps to quiet the chaotic mind, and brings tranquility to one's daily life

**Facilitator: Ms Mamta Bisht**, Faculty and Senior Yoga Teacher, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

---

8.00 am - 9.00 am

BREAKFAST

---

09.15 am - 10.15 am

### PLENARY SESSION #3

 Kudilal Main Hall 1

Live streaming

## The evolution of integrative medicine: Yoga therapy as a game-changer in cancer

Leaders in the field of integrative medicine discuss how yoga therapy has evolved and its transformative impact on cancer treatment and recovery.

**Speaker #1: Dr Raghavendra Rao**, Director of the Central Council for Research in Yoga and Naturopathy, New Delhi

**Speaker #2: Dr Vinod Kochupillai**, Advisory Director, Sri Sri Institute of Advanced Research (SSIAR), Bengaluru

**Chair: Dr Shripad D Banavali**, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai

---

10.15 am - 11.45 am

### PANEL DISCUSSION #3

 Kudilal Main Hall 1

Live streaming

## Yogic methods and self-care management in cancer: The evolution of digital medicine

With a futuristic discussion exploring the role of digital tools in cancer self-care management, this panel showcases digital health innovations within and outside India, which blend affordability, personalized approaches, and cutting-edge technology with yogic wisdom to empower patients and revolutionize cancer care delivery.

### 1. The evolution of digital health technology in India for affordable and personalized cancer care

**Speaker: Ms Nanditha Janki**, Sr. Operations Manager, Carer - Personalized Cancer Care, Bengaluru

---

### 2. The "Untire" story: Digital yogic interventions for cancer-related fatigue and mental health

**Speaker (online):** Dr Simon S. Spahrkäs, Head of Research, Tired of Cancer BV, The Netherlands

---



---

### 3. Unlocking the potential of digital tools for self-help in cancer care

**Speaker (online):** Dr Nikesh Shah, CEO, Koita Centre for Digital Oncology, Tata Memorial Hospital, Mumbai

---

### 4. Leveraging and bridging emerging technologies and yogic methods for self-care management in cancer

**Speaker (online):** Mr Rajiv Rainier, Managing Director, Sapient Inc., USA (online)

---

**Moderator: Dr Praseeda Menon**, Research Officer, Scientific Research Department & Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

---

11.45 am - 12.00 pm TEA BREAK

---

12.00 pm - 1.15 pm

#### VALEDICTORY CEREMONY

 Kudlil Main Hall 1

Live streaming

#### Guests:

**1. Shri Dinesh Waghmare**, Principal Secretary, Department of Medical Education, Government of Maharashtra

**2. Maj. Gen. (Dr) Amul Kapoor**, Deputy Commandant Army Hospital (R&R), New Delhi

**3. Dr Shripad D Banavali**, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai

---

#### BEST PAPER AND POSTER AWARD CEREMONY

---

#### CONFERENCE RESOLUTION

---

#### BEST SHORT-FILM AWARDS

---

1.00 pm - 2.00 pm LUNCH

---

## OUR SPEAKERS, FACILITATORS, GUESTS AND ARTISTS

---



Dr Sat Bir Singh Khalsa



Prof. Raghu Raghavan



Dr Pankaj Chaturvedi



Dr Lorenzo Cohen



Dr Sunil Saini



Dr K.S. Gopinath



Dr Shubhada  
Chiplunkar



Dr Praseeda Menon



Dr Rima Dada



Dr (Major) Mukurdipi  
Ray



Dr Ranjeet Singh  
Bhogal



Dr Kashinath Metri



Yogacharya Sandhya  
Dixit



Mr Yogesh Vaidya



Mr Rajesh Bhalerao



Dr Ananda B.  
Bhavanani



Padmashree Dr Kaluram Bamniya



Dr Sharadchandra Bhalekar



Dr Mrityunjay Rathore



Ms Maxine Levy



Dr Meena Ramanathan



Dr Padmini Tekur



Dr Nita Nair



Dr Po-Ju Lin



Maj Gen (Dr) Amul Kapoor



Dr Amritanshu Ram



Dr Shripad D. Banavali



Dr Alpa Dalal



Prof. (Dr) K. Satya Lakshmi



Dr Manohar Gundeti



Ms Ruby Ahluwalia



Dr Ritu Prasad



Shri Shrikrishna Mhaskar



Shri Neeraj Singh



Ms Renu Jain



Ms Rama Kuknur



Dr Santosh Pandey



Mrs Saraswathi  
Vasudevan



Dr Gayatri Gohil



Ms Mamta Bisht



Dr Raghavendra Rao



Dr Vinod Kochupillai



Dr Simon S. Spahrkäs



Ms Nanditha Janki



Dr Nikesh Shah



Mr Rajiv Rainier



Shri Dinesh Waghmare

## ABSTRACT SUBMISSION

---

We invite abstract submissions in two tracks – one, Scientific Papers and two, Philosophical Papers. Please submit abstracts of your original unpublished research on the broad topic of **Yoga and Cancer Care: Scope, Evidence and Evolution** having a maximum of 300 words by August 20, 2024.

Email for correspondence:

[conference@kdham.com](mailto:conference@kdham.com)

*The abstract submission deadline for paper and poster presentations is over.*

## **GUIDELINES FOR THE ABSTRACT STRUCTURE**

1. Abstracts should represent original research work.
2. Abstracts representing scientific, philosophico-literary and interdisciplinary studies will be accepted.
3. Indicate very clearly in the subject of the email: Abstract submission – Scientific paper OR Abstract submission – Philosophical paper.
4. The abstract should be written uniformly either in British or American English.
5. Please download the **abstract template** and follow the format very carefully.
6. Abstracts that do not conform to the guidelines as well as the abstract template will either be rejected or asked to revise, if feasible.
7. Abstracts received after the given deadline will not be accepted.
8. Abstracts which do not fall within the scope of the broad topic of the conference will not be accepted.
9. Abstracts should be submitted in the format of MS Word (.doc or .docx) document.

## **REVIEW PROCESS**

1. Abstracts will undergo peer review by the Conference Academic Committee.
2. The results of the abstract review will be sent to the authors within two months of submission.
3. The decision on the abstracts will be based on a merit list and will be final. No correspondence will be entertained in this regard.
4. The first five authors in the merit list of each of the Scientific and Philosophical tracks will be invited to make oral presentations. The remaining abstracts, if eligible and accepted, will be invited to make poster presentations.
5. Acceptance or rejection of the abstracts will be shared with the authors along with the points-based review and merit list.
6. If your abstract is accepted, you will be invited to register for the conference.

## **IMPORTANT INFORMATION FOR CO-AUTHORS**

1. Please note a single registration permits only one person to attend the conference.
2. If the co-authors would like to attend the conference, their registration and payment are required to be made independently.
3. The certificate will be issued for the co-authors only upon their registration/payment for the conference.

## Conference Venue

### KAIVALYADHAMA YOGA INSTITUTE, LONAVALA

Kaivalyadhama is located in the serene and spectacular Sahayadri mountain ranges of Lonavala, in Western India. In the midst of a scenic lush-green landscape and pristine flora, Kaivalyadhama enjoys a soothing climate and pleasant weather all year. Experience the beauty of nature as a plethora of birds and butterflies grace the serene setting.



### ADDRESS

Kaivalyadhama Yoga Institute & Research Center,  
Swami Kuvalayananda Marg, Lonavala, Maharashtra 410403, India

## Registration Fees\*

Pre-conference workshop: **Rs 1,500 (onsite only)**

Onsite participation without accommodation: **Rs 4,000**

Onsite participation with dormitory accommodation: **Rs 5,000**

Onsite participation with multiple-sharing accommodation: **Rs 6,000**

Onsite participation for Alumni only with dormitory accommodation: **Rs 3,500 (limited seats)**

**Register now!**

\*Registration fee, once paid, is strictly non-refundable and non-transferable.

\*\* Note: If you prefer single accommodation and wish to arrange our own, you will find a list of recommended hotels on the [conference webpage](#) in the "Guidelines for Onsite" section.



## YOGA IN CANCER CARE

INTERNATIONAL CONFERENCE 2024  
KAIVALYADHAMA • DEC 04-07

### ORGANISING COMMITTEE

**Chairman:** *Shri Subodh Tiwari*

**Convener:** *Mrs Anjali Deshmukh*

**Co-convener:** *Dr Praseeda Menon*