

# The 3<sup>rd</sup> International Conference on Health & Wellbeing IHW2025

Mind-Body Medicine for Cardiac Health,  
Lifestyle and Mental Wellbeing

 October 10-12, 2025



Kanha Shanti Vanam,  
Global Headquarters of Heartfulness,  
Hyderabad, India

# Background and Overview of IHW 2025

- The 3rd International Conference on Integrative Health and Wellbeing (IHW 2025) will bring together global leaders in Modern Medicine, Ayurveda, Yoga, research, and policy to explore the deep interconnections between cardiac health, mental wellbeing, and lifestyle practices through the lens of mind-body medicine. This year's conference will highlight integrative approaches to health, with a special emphasis on the transformative role of the mind-body connection in advancing cardiac health and promoting mental wellbeing.
- Since its inception in 2022, the IHW Conference has emerged as a premier platform for advancing the integration of modern medicine with complementary health practices. This year, the Heartfulness Institute, in collaboration with AIIMS, New Delhi, and ITRA, Jamnagar, is proud to host the conference at Kanha Shanti Vanam from October 10-12, 2025. The event will foster meaningful dialogue on innovative mind-body therapies, integrative health practices, and their vital role in the prevention and management of cardiovascular disease.



## Goals

- To integrate modern and traditional health approaches in a systematic and scientific manner.
- To improve prevention and management of chronic diseases through holistic and evidence-based strategies.
- To promote a comprehensive model of health that addresses physical, psychological, and spiritual dimensions of wellbeing.

## Objectives

- Share Updated Evidence: Present scientific findings on the cardiovascular disease epidemic in India and its relationship with mental health and general wellbeing.
- Identify and Deliberate on Future Research: Discuss research gaps and opportunities in integrative medicine and mind-body interventions for heart health and mental wellness.
- Policy and Program Implications: Develop policy recommendations to integrate mind-body therapies into national health programs, specifically focusing on cardiac health and mental wellbeing.

# DAY 1

OCTOBER 10, 2025

## Pre-Conference Workshops

Parallel sessions throughout the day

### A. Technical Workshops

- |                            |   |
|----------------------------|---|
| <b>09:00 AM - 10:30 AM</b> | <b>Integrative Medicine Curriculum for Medical Professionals</b><br>Dr. Shreevarma, Chief Medical Director, Wellness by Heartfulness<br>Dr Krishnamurthy Jayanna, Chair, Heartfulness Research Council , Founder, CIHW  |
| <b>10:30 AM - 12:00 PM</b> | <b>Research Methods in Integrative Medicine</b><br>Dr. Judith Deutsch, Professor of Physical therapy in the Dept. of Rehabilitation & Movement Sciences at Rutgers University   |
| <b>12:00 PM - 01:30 PM</b> | <b>Reversing Heart Disease</b><br>Dr. Gokula Murthy, Founder, Concierge Connected Care & Global Teleclinics, USA  |
| <b>02:00 PM - 03:30 PM</b> | <b>The Heart-Brain-Body Connection: A Holistic Toolkit for Cardiovascular Care</b><br>Dr. Snehal Deshpande, Director & Founder @ SNEH - Developmental Therapy, ACRI<br>Dr Sharat Reddy, Executive Director, Medicovert Hospital, Hyderabad<br>Ms Divya Thota, Nutritionist & Holistic Wellness Advocate |
| <b>02:00 PM - 03:30 PM</b> | <b>Energy Healing as an Evolving Science</b><br>Ms. Ekta Boudierlique, Founder, Quantum (R)Evolution  |
| <b>03:30 PM - 05:00 PM</b> | <b>Autonomic Functions and their Clinical applications</b><br>Dr Vivek Kumar Sharma, Professor & Head, Physiology, AIIMS, Rajkot  |
| <b>03:30 PM - 05:00 PM</b> | <b>Cardiac Rehabilitation</b><br>Dr. Veena Nambiar, Professor at Ramaiah College of Physiotherapy, Ramaiah University of Applied Sciences   |

### B. Wellness Experiential Sessions

- |                            |   |
|----------------------------|---|
| <b>11:00 AM - 12:00 PM</b> | <b>Kanha Wellness - Overview &amp; Offerings</b><br>Dr. Shreevarma, Chief Medical Director, Wellness by Heartfulness<br>Mr. Kamalakkannan TV, Chief Executive Officer, Wellness by Heartfulness           |
| <b>12:00 PM - 01:00 PM</b> | <b>Heartfulness Polarity</b><br>Ms. Kripa M, Heartfulness Polarity Trainer, Wellness by Heartfulness<br>Ms. Harini V, Heartfulness Polarity Trainer, Wellness by Heartfulness                             |
| <b>02:00 PM - 03:00 PM</b> | <b>Heartfulness Polarity</b><br>Ms. Kripa M, Heartfulness Polarity Trainer, Wellness by Heartfulness<br>Ms. Harini V, Heartfulness Polarity Trainer, Wellness by Heartfulness                             |
| <b>03:00 PM - 04:00 PM</b> | <b>Yoga and the Heart: Bridging Ancient Wisdom and Modern Physiology</b><br>Dr. Veronique Nicolai, Director, Heartfulness Yoga Academy<br>Ms. Viji Vasu, Senior Yoga Therapist, Heartfulness Yoga Academy |
| <b>04:00 PM - 05:00 PM</b> | <b>Sound Healing</b><br>Mr. Bala Senthil, Sound Healing therapist   |

**Move to Auditorium for the Curtain Raiser Event at 6:00 PM**



# DAY 1

OCTOBER 10, 2025

## CURTAIN RAISER

### *“From Physiology to Spirituality: Rethinking Heart Health”*

**Time: 06:00 PM – 07:45 PM**

**Venue: Auditorium**

**Moderator: Dr Vishwajeet Kumar**, Founder & Chief Scientist Community Empowerment Lab

**06:00 PM - 06:10 PM**

**Welcome**

**06:10 PM - 06:25 PM**

**Prevention of Heart disease through integrative approaches - A New Paradigm**

**Dr Subhash Manchanda**, Senior Consultant Cardiologist, Former Head of Cardiology, AIIMS

**06:25 PM - 06:40 PM**

**Meditation, Interoceptive awareness, and Heart health**

**Dr Georg Northoff**, Canada Research Chair, Mind, Brain Imaging & Neuroethics, University of Ottawa, Canada

**06:40 PM - 06:55 PM**

**The Heart and Wellbeing: Exploring the Intersection of Physical and Spiritual**

**Dr Deepak Chopra**, Founder, Cyberhuman.ai & DeepakChopra.ai

**06:55 PM - 07:40 PM**

**Insights from Spiritual Science**

**Shri Kamlesh D Patel**, Global Head of Heartfulness

**07:40 PM - 07:45 PM**

**Concluding Remarks**





# DAY 2

OCTOBER 11, 2025



**06:00 AM - 07:00 AM** **Heartfulness Yoga & Meditation Session**

**07:00 AM - 08:30 AM** **Breakfast**

**08:30 AM - 10:30 AM** **Conference Inauguration**

## Welcome address

**08:30 AM - 08:40 AM**

**Dr Krishnamurthy Jayanna**, Chair, Heartfulness Research Council

## Address:

**08:40 AM - 08:45 AM**

**Dr M Srinivas**, Director AIIMS, Delhi

**08:45 AM - 08:50 AM**

**Dr Tanuja Nesari**, Director, ITRA, Jamnagar

**08:50 AM - 08:55 AM**

**Dr Kashinath Samagandi**, Director, Morarji Desai National Institute of Yoga (MDNIY)

## Keynote Address: Cardiac Health and Disease in India, and its relationship with wellbeing

**08:55 AM - 09:15 AM**

**Dr Srinath Reddy**, Founder President and Honorary Distinguished Professor, Public Health Foundation of India (PHFI)

## Address by Guest of Honour

**09:15 AM - 09:25 AM**

**Shri Rushikesh Patel**, Hon. Minister, Health and Family Welfare, Govt. of Gujarat

## Address by Chief Guest of Honour

**09:25 AM - 09:35 AM**

**Shri Prataprao Jadhav**, Hon. Minister for AYUSH

## Address: "The Role of Heart in Health and Wellbeing"

**09:35 AM - 09:50 AM**

**Shri Kamlesh D Patel**, Global Head of Heartfulness

## Heartfulness Meditation

**10:25 AM - 10:30 AM**

## Vote of Thanks

**10:30 AM - 10:50 AM**

## Refreshment Break





DAY 2

OCTOBER 11, 2025

# Scientific Sessions

11:00 AM to 06:00 PM

## SCIENTIFIC SESSION 1 - ADVANCING EVIDENCE BASED INTEGRATIVE MEDICINE

Moderator: Dr Jayaram Thimmapuram

11:00 AM - 11:20 PM

### 1. Research Methods in Integrative Medicine. Key considerations, and perspectives.

Dr. Rajiv Bahl, Secretary to Government of India, Department of Health Research & Director General, Indian Council of Medical Research

11:30 AM - 11:50 PM

### 2. Reversal of Heart Disease in clinical practice

Dr Bimal Chhajer, CEO, MD, SAAOL Health Pvt Ltd. India

## SCIENTIFIC SESSION 2 - INTEGRATIVE PATHWAYS FOR CARDIAC HEALTH

Moderator: Dr Rahul Mehrotra

12:00 PM - 12:10 PM

### 1. Integrative Care for Cardiac Health

Dr Gautam Sharma, Professor, Dept. of Cardiology & Head, Center for Integrative Medicine & Research, AIIMS, New Delhi

12:10 PM - 12:30 PM

### 2. Ayurveda and Cardiac Health

Dr Rama Jayasundar, Dept. of NMR & MRI Facility, All India Institute of Medical Sciences, New Delhi

12:35 PM - 12:55 PM

### 3. Yoga and Cardiac Health

Dr Kashinath Samagandi, Director, Morarji Desai National Institute of Yoga (MDNIY)

01:00 PM - 02:00 PM

### Lunch and Paper Posters Session

02:00 PM - 03:00 PM

### Oral Presentations (Parallel)

#### Expert Panel / Discussants

Dr. Shankar Prasad, MD  
Dr. Balaji MD, DM  
Dr. Naveen MD, DM

## SCIENTIFIC SESSION 3 - LIFESTYLE, YOGA & CARDIAC HEALTH

Moderator: Dr Gokula Murthy

03:00 PM - 03:10 PM

### 1. Prevention of Obesity

Dr Jagannath Dixit, Professor, B J Medical College, Pune.

03:15 PM - 03:30 PM

### 2. Role of Yoga in Cardiac Health and Wellbeing

Dr Arpan A Bhatt, Professor and Head, Department of Swasthavritta and Yoga, Institute of Teaching and Research in Ayurveda (ITRA), INI, Jamnagar, Gujarat

03:30 PM - 04:00 PM

### Refreshment Break

#### Expert Panel / Discussants

Dr. B. Srinivas MD, DM  
Dr. RK Jain MD, DM  
Dr. Sampath Kumar MD, DM  
Dr. Rama Chandra MD, DM  
Dr. Srinivas Abhyasi

## SCIENTIFIC SESSION 4 - MIND-HEART CONNECTIONS IN HEALTH AND WELLBEING

Moderator: Dr Nand Kumar

04:00 PM - 04:15 PM

### 1. Ayurveda's Perspective of the Mind

Dr Hitesh Vyas, Professor, Dept. of Samhitha Siddhanta, ITRA

04:15 PM - 04:25 PM

### 2. Stress, HRV and Cardiac Well Being

Dr Rahul Mehrotra, Chief, Non-Invasive & Clinical Cardiology, Artemis Hospitals, Gurugram

04:25 PM - 04:35 PM

### 3. Impact of Heartfulness Practices on Stress and Anxiety in Students

Dr Mansee Thakur, Director, MGMSBS, MGM Institute of Health Sciences, Navi Mumbai

04:35 PM - 04:50 PM

### 4. MRI studies on Children with Intuitive Skills

Dr Senthil Kumaran, Professor, AIIMS, Delhi.

04:50 PM - 05:10 PM

### 5. Heartfulness Practices for Wellbeing - A synthesis of emerging evidence

Dr Jayaram Thimmapuram, Director Heartfulness Research, Academic Hospitalist, Internal medicine, WellSpan York Hospital

#### Expert Panel / Discussants

Dr. Sreedhar MD, DM  
Dr. Kumar Narayanan MD, DM  
Dr. Vinoth MD, DM

## SCIENTIFIC SESSION 5 - INTEGRATIVE APPROACHES IN ACUTE & CRITICAL CARDIAC CARE

Moderator: Dr Sharat Reddy

05:10 PM - 05:25 PM

### 1. Heart, Mind, Meditation: The Vision of Ayurveda & its role in integration of care & management

Dr Shankar Prasad, Director of SIVAS Health and Research Institute, Secunderabad

05:25 PM - 05:40 PM

### 2. Integrating systems for improving cardiac care

Dr Rupa Salwan, Senior Director - Myocardial Infarction Program and Senior Consultant - Cardiology & Interventional Cardiology MSSH (East) Saket

06:00 PM - 06:45 PM

### Heartfulness Meditation

#### Expert Panel / Discussants

Dr. Mithilesh MD  
Dr. Nanda Kishore MD  
Dr. Chandresh MD  
Dr. Ghansyam MD



# DAY 3

OCTOBER 12, 2025

06:30 AM - 07:15 AM	Heartfulness Yoga Session
07:30 AM - 08:30 AM	Sunday Satsang - Rev. Daaji
08:30 AM - 09:00 AM	Breakfast

## SCIENTIFIC SESSION 6 - INTEGRATIVE APPROACH TO CARDIAC HEALTH & WELLBEING

Moderator: Dr Margaret Schenckman

09:30 AM - 09:40 AM	<b>1. Current Efforts/Interventions to Address Stress &amp; Wellbeing: Progress and Challenges, and the Need for Integrative Approaches (online)</b> Dr Mimi Guarneri, President, Academy of Integrative Health & Medicine (AIHM)
09:40 AM - 09:55 AM	<b>2. Yoga and Embodied Physiology with a focus on Cardiac Health and Wellbeing</b> Dr Shirley Telles, Director of Research, Patanjali Yogpeeth
09:55 AM - 10:10 AM	<b>3. Integrating Ayurveda into Mainstream Medicine for Cardiac Health</b> Dr G G Gangadharan, Former Director, Ramaiah Ayurveda & IAIM Health Care

### Expert Panel / Discussants

Dr. Srikanth MD, DM  
Dr. B Srinivas MD, DM  
Dr. Damodhar MD, DM  
Dr. Vinoth MD, DM  
Dr. Srinivas Abhyasi

## SCIENTIFIC SESSION 7 - AYURVEDA AND CARDIAC HEALTH

Moderator: Dr Shreevarma

10:15 AM - 10:30 AM	<b>1. Medicinal Plants in Cardiovascular Health</b> Dr Kalpesh Panara, Associate Professor, Dept of Dravyaguna, ITRA, Jamnagar
10:30 AM - 10:45 AM	<b>2. Role of Panchakarma in Wellness of Mind and Body</b> Dr Anup Thakar, Professor & Head, Dept. of Panchakarma, ITRA, Jamnagar, Gujarat
10:45 AM - 11:00 AM	<b>3. Integrating Ayurveda &amp; Modern Nutrition for Chronic Disease management</b> Dr Trupti Khairnar, Ojas Ayurveda and Nutrition Clinic, Bengaluru
11:00 AM - 11:15 AM	Refreshment Break

### Expert Panel / Discussants

Dr. Shankar Prasad MD  
Dr. Naveen MD, DM  
Dr. Mani Krishna MD DM

## SCIENTIFIC SESSION 8 - EMERGING TRENDS IN INTEGRATIVE APPROACHES TO WELLBEING

Moderator: Dr Ishaprasad Bhagwat

11:15 AM - 11:25 AM	<b>1. Application of Precision Medicine in management of patients with Cardiac disease</b> Dr Shrikant Mane, Director, Yale Proteomics Center
11:25 AM - 11:40 AM	<b>2. Neuromodulation and Mental Wellbeing</b> Dr Nand Kumar, Prof. In charge ICMR CARE, Dept. of Psychiatry, AIIMS, New Delhi
11:40 AM - 11:55 AM	<b>3. Heart Disease and Stroke Prevention</b> Dr Sevith Rao, Co-Founder and Managing Trustee, Indian Heart Association
11:55 AM - 12:10 PM	<b>4. Technology, Neuroscience and Wellbeing</b> Mr Kumar Bagrodia, Founder, lead neuroscientist, NeuroLeap
12:15 PM - 01:15 PM	Lunch Break
01:15 PM - 02:15 PM	Oral Presentations (Parallel)

### Expert Panel / Discussants

Dr. Ranjith MD, DM  
Dr. Radha Krishna MD, DM  
Dr. Anup Shiva MD  
Dr. Damodhar Reddy  
Dr. Vinod MD, DM

## SCIENTIFIC SESSION 9 - IMPLICATIONS FOR RESEARCH, POLICY AND PRACTICE

Moderator: Dr Krishnamurthy Jayanna

02:15 PM - 02:30 PM	<b>1. Worksite Wellness as an approach to Public Health</b> Dr Judith Deutsch, Professor Director of Rivers Lab, Rutgers University.
02:30 PM - 02:45 PM	<b>2. Evidence Synthesis in Traditional Medicine &amp; Integrative Health</b> Dr Subarna Roy, Scientist G & Director, ICMR-National Institute of Traditional Medicine, Belagavi
02:45 PM - 02:55 PM	<b>3. GoI's perspective and Way Forward</b> Dr. Dharmendra Singh Gangwar, IAS (Retd. as Secretary to Government of India), President, AIIMS Haryana
02:55 PM - 03:10 PM	<b>4. Lessons for Public Health Policy and Programmes</b> Dr Vishwajeet Kumar, Founder & Chief Scientist, Community Empowerment Lab
03:10 PM - 03:30 PM	Refreshment break

## 03:30 PM - 05:00 PM VALEDICTORY SESSION

Welcome address

Keynote Address: Charting the Next Decade of Integrative Health: Science, Policy, and Innovation

Address by Chief Guest of Honour

Remarks by Organising Chair

Vote of Thanks

## DIGNITARIES AND EXPERTS



**Shri Kamlesh D Patel**  
Global Guide of Heartfulness



**Dr. Rajiv Bahl**  
Secretary to Govt. of India,  
Dept. of Health Research &  
Director General, ICMR



**Dr Dharmendra Singh Gangwar**  
IAS (Retd. as Secretary to Government  
of India), President, AIIMS Haryana



**Dr Subhash Manchanda**  
Senior Consultant Cardiologist  
Former Head of Cardiology, AIIMS



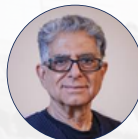
**Dr M Srinivas**  
Director, AIIMS, Delhi



**Dr Tanuja Nesari**  
Director, ITRA, Jamnagar



**Dr Kashinath Samagandi**  
Director, MDNIY



**Dr Deepak Chopra**  
Founder, Cyberhuman.ai &  
DeepakChopra.ai



**Dr K Srinath Reddy**  
Founder President and  
Honorary Distinguished Professor  
Public Health Foundation of India (PHFI)



**Dr Georg Northoff**  
Canada Research Chair, Mind,  
Brain Imaging & Neuroethics,  
University of Ottawa, Canada



**Dr Mimi Guarneri**  
President  
Academy of Integrative Health &  
Medicine (AIHM)



**Dr G G Gangadharan**  
Ayurvedacharya  
Former Director, Ramalah  
Ayurveda and IAIM Health Care



**Dr Subarna Roy**  
Scientist G & Director,  
ICMR-National Institute of  
Traditional Medicine, Belagavi



**Dr Judith Deutsch**  
Professor Director of Rivers Lab,  
Rutgers University,



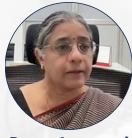
**Dr Gautam Sharma**  
Professor, Dept. of Cardiology,  
Head, Center for Integrative Medicine  
& Research, AIIMS, New Delhi



**Dr Nand Kumar**  
Prof. In charge ICMR CARE,  
Dept. of Psychiatry, AIIMS, New Delhi



**Dr Shirley Telles**  
Director of Research  
Patanjali Yogpeeth



**Dr Rama Jayasundar**  
Dept. of NMR & MRI Facility, All India  
Institute of Medical Sciences, New Delhi



**Dr Vishwajeet Kumar**  
Founder, Community Empowerment Lab  
TAG & Expert Member, ICMR



**Dr Bimal Chhajer**  
CEO, MD,  
SAAOL Health Pvt Ltd, India



**Dr. S. Senthil Kumaran**  
Professor, Dept. of Nuclear Magnetic  
Resonance (NMR), AIIMS New Delhi



**Dr. Kalpesh Panara**  
Associate Professor,  
Dept of Dravyaguna, ITRA, Jamnagar





**Dr Sharat Reddy**  
Executive Director,  
Medicover Hospital, Hyderabad



**Dr Rahul Mehrotra**  
Chief of Non-Invasive & Clinical  
Cardiology, Artemis Hospitals, Gurugram



**Dr Shankar Prasad**  
Director of SIVAS Health and Research  
Institute, Secunderabad



**Dr Shreevarma**  
Chief Medical Director,  
Wellness by Heartfulness



**Dr Jayaram Thimmapuram**  
Director Heartfulness Research,  
Academic Hospitalist, Internal  
medicine, WellSpan York Hospital



**Dr Shrikant Mane**  
Director,  
Yale Proteomics Center



**Dr Margaret Schenkman**  
Professor Emerita, Physical Therapy  
(SOM)  
Foundations of Rehabilitation Science



**Dr Krishnamurthy Jayanna**  
Chair, Heartfulness Research Council,  
Founder, Center for Integrative Health  
and Wellbeing (CIHW)



**Dr Arpan A Bhatt**  
Professor & HoD, Swastharthritis and  
Yoga, Institute of Teaching and  
Research in Ayurveda, (IIN), MoAyush,  
Goi, Jamnagar



**Dr Mansee Thakur**  
Director, HGHSSS,  
MGM Institute of Health Sciences,  
Navi Mumbai



**Dr Sevith Rao**  
Co-Founder and Managing Trustee  
Indian Heart Association



**Dr Rupa Salwan**  
Senior Director & Senior Consultant -  
Cardiology & Interventional Cardiology MSSH  
(East) Saket



**Shri Kumar Bagrodia**  
Founder, lead neuroscientist,  
NeuroLeap



**Dr Raja Amarnath**  
MD - CIPACA & Consultant  
Physician, Apollo Hospitals,  
Chennai



**Dr Anup Thakar**  
Professor & Head, Dept. of  
Panchakarma, ITRA



**Dr Kamal Raj**  
Global Public Health  
Specialist - WHO & UNICEF



**Dr. B Srinivas**  
Professor & Head,  
Department of Cardiology  
NIMS Hospital, Hyderabad



**Dr. RK Jain**  
Interventional Cardiologist  
KIMS Hospital  
Secunderabad, Hyderabad



**Dr. Sampath Kumar**  
Professor & Senior  
Interventional Cardiologist  
Medicover Hospital, Hyderabad



**Dr. Rama Chandra**  
Senior Interventional Cardiologist  
Sri Sri Holistic Hospitals  
Hyderabad



**Dr. Balaji**  
Senior Consultant  
Cardiologist  
Medicover Hospitals  
Hyderabad



**Dr. Naveen**  
Senior Interventional Cardiologist  
HOD (Department of Cardiology)  
Care Hospitals, Malakpet, Hyderabad



**Dr. Sreedhar**  
Senior Consultant Cardiologist  
Medicover Hospitals  
Hyderabad



**Dr. Kumar Narayanan**  
Consultant cardiologist &  
Electrophysiologist  
Medicover Hospitals, Hyderabad





**Dr. V. Vinoth Kumar**  
Senior Interventional  
Cardiologist  
Care hospitals, Hitech City  
Hyderabad



**Dr. Srinivas Abhyasi**  
Senior Interventional cardiologist  
Apollo Hospitals, Hyderabad



**Dr. Mithilesh**  
Consultant Intensivist  
Critical Care  
Medicover Hospitals, Hyderabad



**Dr. Nanda Kishore J**  
Consultant Intensivist  
Critical Care  
Medicover Hospitals, Hyderabad



**Dr. Chandresh Kumar Sudani**  
Consultant Intensivist  
Critical Care  
Medicover Hospitals  
Hyderabad



**Dr. Ghansyam**  
Critical Care  
Consultant Intensivist  
Medicover Hospitals, Hyderabad



**Dr. Srikanth**  
Interventional Cardiologist  
Star Hospitals  
Hyderabad



**Dr. Damodhar Reddy**  
Consultant Cardiologist  
Medicover Hospitals  
Hyderabad



**Dr. Mani Krishna**  
Interventional Cardiologist  
NIMS Hospital  
Hyderabad



**Dr. Ranjith**  
Consultant Neurologist  
Medicover Hospitals  
Hyderabad



**Dr. Hari Radha Krishna**  
Consultant Neurologist  
Medicover Hospitals  
Hyderabad



**Dr. Anup Shiva**  
Psychiatrist  
Medicover Hospitals  
Hyderabad



**Dr. Gokula Murthy**  
Founder, Concierge  
Connected Care & Global  
Teleclinics, USA



**Dr. Hithesh A Vyas**  
Professor, Dept. of Samhitha  
Siddhanta, ITRA



**Dr. Veena Nambiar**  
Professor, Ramaiah College of Physiotherapy,  
Ramaiah University of Applied Sciences



**Dr. Snehal Deshpande**  
Director & Founder @ SNEH -  
Developmental Therapy, Advanced Care  
& Research Institute



**Ms. Ekta Boudierique**  
Founder,  
Quantum (R)Evolution



**Dr. Vivek Kumar Sharma**  
Professor & Head, Physiology,  
AIIMS, Rajkot



**Dr. Jagannath Dixit**  
Professor, B J Medical College,  
Pune.



**Dr. Trupti Khairnar**  
Qas Ayurveda and Nutrition  
Clinic, Bengaluru



**Ms. Divya Thota**  
Nutritionist & Holistic  
Wellness Advocate



**Ms. Viji Vasu**  
Senior Yoga Therapist,  
Heartfulness Yoga Academy



**Dr. Veronique Nicolai**  
Director,  
Heartfulness Yoga Academy



**Shri Kamalakannan TV**  
Chief Executive Officer,  
Wellness by Heartfulness



**Dr. Isha Prasad Bhagwat**  
Convenor, IHW2025

## Call for Abstracts

Heartfulness Institute invites the authors to submit abstracts related to the work done in the field of Integrative Medicine as a part of the “International Conference on Integrative Health and Wellbeing, 2025” conference to be held in Kanha Shanti Vanam, Hyderabad, India. The theme for this conference is “Mind-Body Medicine for Cardiac Health, Lifestyle, and Mental Wellbeing” with a focus on Cardiovascular Health and Wellbeing.

The abstracts should involve the research work done by the authors exploring how integration of different therapies and approaches (mainstream medicine, ayurveda, yoga, meditation, etc.) impact disease as well as general wellbeing. Original research in this area is preferred.

The conference aims at offering the latest research regarding integrative approaches to managing cardiovascular health and wellbeing. The conference will also provide an opportunity for the researchers to network and collaborate with like-minded co-researchers and organizations.

The program committee will review all the submitted proposals and evaluate them with the following considerations:

- Relevance to the theme of the conference
- Scientific Merit of the Submission
- Relevance to the Audience
- Quality of the Submission
- Role in Contributing to Existing Literature on Wellbeing
- Originality.

**August 1, 2025:** Abstract Submission Opens

**September 20, 2025:** Abstract Submission Deadline

**September 28, 2025:** Abstract Decision Notification

**Abstract Submission:**

<https://heartfulness.org/heartfulconference/abstract-submission>



## Paper Presentation

The following formats of presentations are invited for the conference:

- **Poster Presentation:** This is a written format with the presenters having an opportunity to display their work in the form of a poster. The presenters will have an opportunity to share their work with interested viewers. The interactive poster sessions are for 1 hour each day. The presenters are expected to be available during the period of the poster session.
- **Oral Presentation:** This is for breakout sessions. Each presentation will be limited to 15 minutes including Q & A.

# Why Attend the IHW 2025?



© 2025 Heartfulness Institute

- **Cutting-edge Research:** Learn about the latest developments in mind-body medicine and its applications in cardiac health and mental wellbeing.
- **Global Expertise:** Gain insights from renowned experts, keynote speakers, and researchers from across the world.
- **Hands-on Learning:** Participate in workshops and experiential sessions that offer practical tools for integrative health.
- **Networking Opportunities:** Connect with professionals, academics, and policymakers to build lasting collaborations and partnerships

## Registration Details:

Registration Fee for Domestic cards (Early Bird offer\*)

Registration Fee for Indian Delegates:

- Indian Delegate (Per Person): Early Bird – ₹2500 ₹3500
- Students (Per Person): Early Bird – ₹1000 ₹1500
- 1 Person with Accompanying Person (only for Disabled Delegate): Early Bird – ₹1000 ₹1500

Registration Fee for Overseas Delegates:

- Foreign Delegate (Per Person): Early Bird – \$50 (₹4326) \$75 (₹6488)

**Register Now:** <https://uepreg.heartfulness.org/event/ihw2025>



## Additional details:

Early Bird Registration Ends on September 15, 2025.

Group discounts are available for groups of 10 and above.

Accommodation in comfort dormitories is included in the registration fee. Other accommodation options are available at an additional cost, as follows:

1. North block rooms, Contact: - [ashramoffice@heartfulness.org](mailto:ashramoffice@heartfulness.org)

2. Details of Hotels near by

- **Grand Hotel, Hyderabad** Phone: + 91 77299 92786
- **Novotel: Near Airport** Phone: +91 80004 02670

- For further conference-related queries, please contact us at [conference@heartfulnessinstitute.org](mailto:conference@heartfulnessinstitute.org)



# Our Esteemed Sponsors



**ITRA**  
Jamnagar



**AIIMS**  
New Delhi



**icmr** **NITM**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH NATIONAL INSTITUTE OF  
TRADITIONAL MEDICINE



**WellnessS**  
by Heartfulness

# The 3<sup>rd</sup> International Conference on Health & Wellbeing

Mind-Body Medicine for Cardiac Health, Lifestyle, and Mental Wellbeing

## Inspiration and Guidance of Shri Kamlesh D Patel

Global Guide of Heartfulness

### Distinguished Mentors

#### Shri Dr Subhash Manchanda

Senior Consultant Cardiologist Former  
Head of Cardiology, AIIMS

#### Shri Dr Devendra Triguna

President, All India Ayurvedic Congress

### Conference Chairs

#### Dr Tanuja Nesari

Director, Institute of Teaching & Research in Ayurveda

#### Dr Margaret Schenkman

Professor Emerita, Physical Therapy (GOM)  
Foundations of Rehabilitation Science

#### Dr Krishnamurthy Jayanna

Founder, Center for Integrative Health and Wellbeing (CIHW)

#### Shri Kamalakannan TV

Chief Executive Officer, Wellness by Heartfulness

#### Shri Sanjay Sehgal

Trustee and Working Committee Member, Heartfulness

### Convenor

#### Dr Isha Prasad Bhagwat

Public Health and Nutrition Consultant

### Scientific Committee

#### Coordinators

#### Dr Meenu Tiwari

Professor, Dept. of City & Regional Planning,  
University of North Carolina

#### Dr Kunal Desai

Clinical Assistant Professor  
Wright State University, USA

#### Dr Jayaram Thimmapuram

Academic Hospitalist, Internal medicine,  
WellSpan York Hospital

#### Dr Rahul Mehrotra

Chief of Non-Invasive & Clinical Cardiology,  
Artemis Hospitals, Gurgaon

#### Dr Sangeeta Sampath

Professor & HOD,  
All India Institute of Medical Science, Bibinagar

#### Dr Mansee Thakur

Director, MGMSBS,  
MGM Institute of Health Sciences, Navi Mumbai

#### Dr Gautam Sharma

Founder and Prof. In-charge, Center for Integrative  
Medicine and Research, AIIMS, New Delhi

#### Dr Rama Jayasundar

Dept. of NMR & MRI Facility, All India  
Institute of Medical Sciences, New Delhi

#### Dr Nand Kumar

Prof. In charge ICMR CARE in Neuromodulation for  
Mental Health, Dept. of Psychiatry, AIIMS, New Delhi

#### Dr Rima Dada

Prof. Dept. of Anatomy,  
All India Institute of Medical Sciences, New Delhi

#### Dr Mandip Goyal

Professor & Head,  
Dept. of Kayachikitsa, ITRA, Jamnagar

#### Dr Mukesh Nariya

Head, Pharmacology,  
ITRA, Jamnagar

#### Dr Kalpesh Panara

Associate Professor, Dept of Dravyaguna,  
ITRA, Jamnagar

#### Dr Sagar Bhide

Assistant Professor, Dept of Kaumarbhitya,  
ITRA, Jamnagar

#### Dr Reshma Rajeevan

Assistant Professor, Dept. of Shalya Tantra  
ITRA, Jamnagar

### Advisors

#### Dr Sharath Reddy

FESC Senior Interventional Cardiologist,  
Executive Director, Medcove Hospitals

#### Dr Rana Patir

Chairman Dept. of Neuro surgery,  
Fortis Gurgaon

#### Dr Jalapathi Reddy

Chief Orthopedic surgeon & Director,  
Ozone Hospital, Hyderabad

#### Dr Rajanesh Reddy

General & Laparoscopic Surgeon,  
Apollo Hospitals, Hyderabad

#### Dr Haresh Mehta

Director of Cardiology,  
S. L. Raheja Hospital - A Fortis Associate

#### Shri Vamsi Chalgulla

Joint Secretary,  
Shri Ram Chandra Mission

#### Shri Vineet Ranawat

Ashram Manager,  
Kanha Shanti Vanam, Hyderabad

### International Advisory Board

#### Dr Margaret Schenkman

Professor Emerita, Physical Therapy (GOM)  
Foundations of Rehabilitation Science

#### Dr Jayaram Thimmapuram

Academic Hospitalist, Internal medicine,  
WellSpan York Hospital

#### Dr Meenu Tiwari

Professor, Dept. of City & Regional Planning,  
University of North Carolina

#### Dr Paul Michael Juul

Medical Director, UK

#### Dr Hester O Conoor

Clinical Psychologist,  
Director, Heartfulness Research

#### Shri Santosh Khanjee

Director, Global Operation System, Heartfulness

### Pre - conference events committee

#### Coordinators

#### Dr Hester O Conoor

#### Dr Meenu Tiwari

#### Dr Shreevarma

#### Dr Kishore Sabbu

#### Dr Navaneeth CV

#### Dr Veronique Nicolai

#### Dr Snehal Deshpande

#### Ms Ekta Boudierlique

### Operations, IT & Coordination committee

#### Dr Satyanarayan Mandal

#### Dr Shashikant Nayak

#### Shri Prasanna Krishna

#### Shri Madhu Kothapalli

#### Shri Gopal Machani

#### Shri Hari Vishnu

#### Ms Akanksha

#### Shri Ishan Pandey

#### Ms Shruthi

#### Dr Raghuveer SN

#### Dr A Sangram

#### Dr Nandhini

#### Shri Jai Sai Mohan

### Government Relations, Institutional Partnerships, PR & Media

#### Shri Madhusudhan Reddy

#### Shri Srinivasan V

#### Shri Rupesh Sharma

#### Shri Ajai Singh Chauhan

#### Shri Vishwas Subramanyam

#### Ms Mamatha Subramanyam

#### Ms Vibha

#### Ms Poornima