



The 3rd International Conference on Health & Wellbeing

IHW2025



October 10-12, 2025

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

Conference Report

Organized by the Heartfulness Institute in collaboration with the Ministry of AYUSH, AIIMS New Delhi, ITRA Jamnagar, and ICMR-NITM, the conference brought together leading voices from modern medicine, traditional systems, and contemplative sciences.



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

India faces a growing heart-health crisis. Cardiovascular diseases strike our population earlier than most of the world and cause an alarming share of premature deaths. Nearly two-thirds of Indians who die from CVD do so before their time.

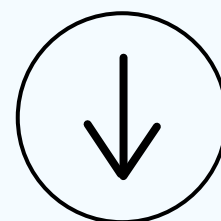
Amid this reality, a powerful insight is re-emerging: the heart, mind and body are inseparable. Stress, emotion, and mental states influence heart health, while practices like meditation, rejuvenation, gratitude, and compassion can measurably improve it.

The IHW Conference 2025 brought experts together to examine this evidence and explore how mind-body approaches can support national efforts to prevent and reduce the burden of cardiovascular disease.



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IHW 2025



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1. INTRODUCTION TO IHW 2025

The 1st International Conference on Integrative Health and Wellbeing (IHW) was organized by Heartfulness Institute in 2022 to advance the integration of modern medicine with complementary health practices. The venue was Kanha Shanti Vanam, the Global Headquarters of Heartfulness Institute. The 2nd International Conference on IHW was held at the All India Institute of Medical Sciences (AIIMS), New Delhi, in partnership with the Heartfulness Institute and the All India Institute of Ayurveda, New Delhi.

The 3rd International Conference on Integrative Health and Wellbeing (IHW 2025) was held at Kanha Shanti Vanam from the 10th to the 12th of October 2025. The Conference had a special focus on the transformative role of mind-body connections in advancing cardiovascular health and promoting wellbeing. Partners included the Government of India's Ministry of AYUSH, the Indian Council of Medical Research's National Institute of Traditional Medicine (ICMR-NITM), the All India Institute of Medical Sciences (AIIMS) New Delhi and the Institute of Training and Research in Ayurveda (ITRA), Jamnagar. A snapshot of the participants, partners and sponsors is presented as Annexure A.

The event brought together global leaders in modern medicine, ayurveda, yoga, research and policy development. A Curtain Raiser on Day 1 introduced the role of spirituality in health. Scientific Sessions on specific components of Integrative Health were coupled with other Oral and Poster Presentations (Annexures E and F). The detailed Programme Schedule is attached as Annexure B.

Nine Scientific Sessions were organized to meet the objectives of the Conference

- Session 1: Cardiac Health and Disease in India
- Session 2: Integrative Pathways to Cardiac Health
- Session 3: Lifestyle, Yoga and Cardiac Health
- Session 4: Mind Heart Connections in Health and Wellbeing
- Session 5: Integrative Approaches in Acute Care
- Session 6: Other Integrative Approaches
- Session 7: Ayurveda and Cardiac Health
- Session 8: Emerging Trends in Cardiac Health and Wellbeing
- Session 9: Implications for Research, Policy and Practice

This document summarises the presentations by invited speakers, and presents key recommendations for policy, research and practice. A series of planned next steps are also presented, building on earlier research by Heartfulness Institute and recommendations from the Conference.

2. FOREWORD



Shri Kamlesh D Patel,
Global guide, Heartfulness

The Heartfulness Institute was honoured to host the 3rd International Conference on Health and Wellbeing (IHW 2025) at Kanha Shanti Vanam from 10-12 October 2025. I extend my sincere gratitude to our partners—the Ministry of AYUSH, Government of India; AIIMS, New Delhi; the Institute of Training and Research in Ayurveda (ITRA), Jamnagar; and ICMR's National Institute of Traditional Medicine—for their collaboration in successfully convening this conference.

The theme of IHW 2025, Mind-Body Medicine for Cardiac Health, Lifestyle, and Mental Wellbeing, was both timely and significant. Several speakers highlighted the rapid epidemiological transition underway in India, where cardiovascular disease and mental health conditions now rank among the leading contributors to disease burden. We stand at a critical juncture in healthcare—one where the innovations of modern medicine must work in synergy with traditional knowledge systems such as Ayurveda, Yoga, and contemplative practices to advance compassionate and comprehensive care.

The Sanskrit term Swasthya, often translated as health, conveys a deeper meaning: being established in one's inner equilibrium. It describes a state in which an individual remains centered despite external disturbances. Practices such as meditation, adequate sleep, and adherence to the ethical disciplines of yama and niyama in the ashtanga yoga tradition are regarded as supportive foundations for cultivating such inner stability. Increasingly, scientific inquiry is exploring how heart-mind interactions influence health, reflecting growing interest in this integrative perspective.

Traditional knowledge systems have long emphasized plant-based dietary patterns and balanced mental states, concepts that are now receiving attention within contemporary scientific and sustainability research. Advances in measurement technologies are also enabling objective study of physiological and psychological changes associated with contemplative and lifestyle practices, although certain subjective dimensions of wellbeing remain inherently experiential.

Forums such as IHW 2025 play an important role in advancing research, informing policy, shaping interdisciplinary dialogue, and fostering international collaboration. I was pleased to see eminent speakers and experts from India and across the world contribute their insights and scholarship. To all delegates, I trust your participation was both professionally enriching and personally meaningful.

I extend special encouragement to the young researchers, postgraduate students, and early-career clinicians who joined us. You represent the future of integrative health and wellbeing. May this experience inspire you to inquire deeply, collaborate widely, and uphold the highest standards of ethical, evidence-based, and patient-centred care.

I once again thank all delegates, speakers, partners, sponsors, and dignitaries for their presence and contributions, and I hope that IHW 2025 remains both a memorable gathering and a catalyst for continued progress in the field.

3. INTEGRATIVE HEALTH IN TRANSITION: GLOBAL LANDSCAPE, NATIONAL READINESS AND THE RATIONALE FOR IHW2025



Dr Krishnamurthy Jayanna
Conference Chair

The International Health and Wellbeing Conference 2025 (IHW2025), held at Kanha Shanti Vanam, Hyderabad, from 10th to 12th October 2025, was convened to examine emerging scientific, clinical, and policy directions in integrative health. The meeting took place against the backdrop of a rapidly shifting global disease landscape.

Chronic noncommunicable diseases (NCDs)—including cardiovascular disease, diabetes, mental disorders, and obesity—now account for the largest share of morbidity and mortality worldwide. While the biomedical model has achieved major advances in acute care and disease management, it does not always address the complex behavioral, environmental, and psychosocial determinants that drive these conditions. Integrative Health is increasingly recognized as a complementary framework that combines modern biomedical science with validated traditional and complementary approaches, grounded in rigorous inquiry and oriented toward whole-person care.

Institutional support for such approaches is expanding internationally. In the United States, the National Center for Complementary and Integrative Health (NCCIH) was established more than two decades ago to advance research, oversight, and public education in this domain. The World Health Organization's Traditional Medicine Strategy (2014–2023, with extension toward 2025–2034) calls for the safe and evidence-based integration of traditional medicine into national health systems. Parallel initiatives in Europe, Australia, and Canada are testing hybrid clinical models, integrative oncology services, and health system pilot programmes.

As the host country and a major knowledge hub in this field, India offers distinctive strengths, combining a living heritage of Ayurveda and Yoga with advanced biotechnology capacity, strong clinical institutions, and a large public health infrastructure. Institutional initiatives illustrate growing convergence between traditional knowledge and contemporary science. The of integrative health approaches.

CSIR-IGIB Ayurgenomics Centre integrates genomics with classical Ayurvedic phenotyping (prakriti) to explore individualized health signatures. The Centre for Integrative Medicine and Research (CIMR) at AIIMS has developed clinical models that incorporate Ayurveda, yoga, and lifestyle medicine within conventional care pathways. Central Research Institutes of Yoga and Naturopathy in Jhajjar and Nagamangala are being established as national reference hubs for integrated prevention, training, and research. National programmes further reinforce this ecosystem. The Ayurgyan Scheme supports Ayurveda Biology and interdisciplinary innovation across the AYUSH sector. The Ayurwashya Scheme links AYUSH with public health programmes through research and community-based preventive initiatives. The National AYUSH Research Consortium connects agencies including the Ministry of AYUSH, DSIR, DBT, and DST to strengthen research infrastructure and promote multicentric studies aligned with global standards.

Despite these developments, structural challenges exist that require attention. These include epistemic gaps between biomedical and traditional practitioners that can limit collaboration; variable regulatory and quality-assurance frameworks for traditional products; a still-evolving evidence base for several AYUSH interventions, with relatively few large randomized trials or population-scale studies; and workforce constraints, as only a small proportion of clinicians are trained across both systems.

Taken together, these factors position India as a potential global test bed for rigorously evaluated integrative health models that unite traditional knowledge with modern science. This context provided a strong rationale for convening IHW2025 as a platform to synthesize evidence, foster cross-sector dialogue, and define coordinated pathways for future research, practice, and policy.

Against this background, the conference adopted the theme Mind-Body Medicine for Cardiac Health, Lifestyle, and Mental Wellbeing, emphasizing the heart as a nexus where physiology, emotion, behavior, and consciousness intersect. The objectives of the conference were to: (1) share updated evidence on the scale of the cardiovascular disease burden and current responses across modern and traditional systems; (2) identify priority research directions in integrative health and mind-body interventions for cardiac and mental health; and (3) deliberate on policy and programme pathways for responsibly integrating mind-body approaches into national health strategies.

In summary, IHW2025 highlighted both the scientific potential and implementation challenges of integrative health in addressing contemporary chronic disease burdens. By bringing together researchers, clinicians, policymakers, and traditional knowledge leaders, the conference underscored the need for rigorous evidence generation, interdisciplinary training, and systems-level integration. The deliberations and recommendations emerging from this meeting aim to inform future collaborations, strengthen global dialogue, and advance integrative health as a credible, scalable component of twenty-first century healthcare.

In alignment with these priorities, IHW2025 also reviewed a decade of Heartfulness research, highlighting emerging evidence, methodological advances, and practical insights relevant to the implementation.

3.1. A Decade of Heartfulness Research : Evidence, and Insights



Heartfulness is a heart-centered meditation practice rooted in the ancient yogic traditions of India. Over the past decade, a growing body of peer-reviewed research has examined its effects on mental health, stress physiology, cardiovascular risk factors, and overall well-being. With nearly fifty publications indexed in databases associated with the U.S. National Institutes of Health, this summary outlines the evolution, scope, and current status of Heartfulness research.

Evolution of Research (2015–2025)

Early phase – Physiological foundations: Initial investigations focused on autonomic regulation, reporting improvements in heart rate variability (HRV), an indicator of stress resilience and cardiovascular function.

Expansion phase – Mental health and well-being: Subsequent studies assessed validated psychological outcomes, including stress, anxiety, emotional regulation, and quality of life across students, healthcare professionals, and community populations.

Neuroscience phase – Objective brain measures: EEG-based research explored neural correlates of practice, identifying patterns associated with relaxed alertness, attentional stability, and emotional balance.

Clinical translation phase – Protocol development: Standardized meditation and yoga protocols were formulated and tested to support reproducibility and applicability in clinical and public health contexts.

Advanced clinical trials phase – Biomarkers and RCTs (2024–2025): Recent randomized trials have evaluated neuroendocrine markers (e.g., cortisol), inflammatory indicators, psychological distress, and blood pressure, particularly among individuals with hypertension and chronic stress.

Strengths of the Research Portfolio

The evidence base includes peer-reviewed publications in international journals; incorporation of objective biomarkers alongside subjective measures; randomized controlled trials in clinical populations; alignment with national priorities related to preventive health, mental well-being, and integrative medicine; and potential scalability as a low-cost public health intervention.

Strategic Relevance for India

The research trajectory reflects progression from foundational physiological studies to applied clinical and population-level investigations. Its focus on stress reduction, cardiovascular risk mitigation, and mental well-being corresponds with national priorities in NCD prevention, preventive healthcare, and India's leadership in scientifically evaluated traditional practices.

Future Directions

Planned work includes multicenter trials, longer follow-up periods, integration into school and workplace wellness programmes, and expanded collaborations with national and international academic institutions.

Closing Note

A compendium of Heartfulness research publications was presented to Shri Prataprao Jadhav, Minister of AYUSH, marking recognition of this evolving evidence base at the national policy level.



4. CONVENOR'S SUMMARY



Dr Isha Prasad Bhagwat
Convenor

It is with great pleasure and a deep sense of professional satisfaction that I present this report on the successful conduct of **IHW 2025: Mind Body Medicine for Cardiac Health, Lifestyle and Mental Wellbeing**, held on **October 10-12** at **Kanha Shanti Vanam**, the Global Headquarters of Heartfulness Institute. The Conference served as a significant international platform for clinicians, researchers, academicians, and healthcare professionals to deliberate on recent advances, emerging trends, and future directions in medical science and healthcare practice.

The event was organized with the objective of fostering scientific exchange, encouraging clinical innovation, and promoting interdisciplinary collaboration in Integrative Health. The response to the call for papers and participation was highly encouraging and reflective of the academic relevance of the Conference theme.

The academic program featured **4 keynote addresses**, **8 plenary lectures**, and **20 invited talks** delivered by eminent national and international experts. The sessions witnessed enthusiastic participation, intellectually stimulating discussions, and meaningful clinical and research-oriented deliberations.

A total of **122 scientific papers** was received. After a rigorous peer-review process, **72 papers** were accepted for presentation. These were presented across **3 parallel scientific sessions**, which included **24 oral presentation sessions**, **42 poster sessions**, focusing on emerging and specialized areas of the Conference theme.

The conference was attended by over **800+ delegates**, including faculty members, clinicians, postgraduate students, researchers, and industry representatives. The scientific quality of presentations, diversity of topics, and multidisciplinary participation significantly enriched the academic value of the conference.

The successful organization of this Conference was the result of collective effort, vision, and unwavering commitment. I express my sincere gratitude to the **Chief Guest, Keynote** and **invited speakers**, and **session chairs** for their invaluable scientific contributions and guidance. I also deeply appreciate the enthusiastic participation of all delegates, whose engagement defined the academic excellence of the conference.

I place on record my sincere thanks to the **Partners, Advisory Committee** and **Scientific Committee** for their constant support and encouragement. I also extend my heartfelt thanks to our **Sponsors**, for their generous support, which played a vital role in the smooth and successful conduction of the conference.

On behalf of the Organizing Committee, I once again express my sincere gratitude to all those who contributed directly and indirectly to the grand success of this Conference. I look forward to continued academic collaboration and future scientific engagements.

5. THE CURTAIN RAISER

FROM PHYSIOLOGY TO SPIRITUALITY: RETHINKING HEART HEALTH



The epidemic of cardiovascular disease is largely being addressed through a bio-medical model, through pills and surgical interventions. There is evidence that prevention is possible through adopting a healthier lifestyle; the interconnections and communication between the heart and the brain have high implications for healthy behaviours and purposeful living. Research on cardiovascular health and disease has largely been limited to physiological factors, lifestyle and to some extent the mind. Little has been studied about the role of the heart itself in promoting its own health. This perspective was introduced to the delegates at the Curtain Raiser of the Conference; as a reflection, encouraging further contemplation and research.



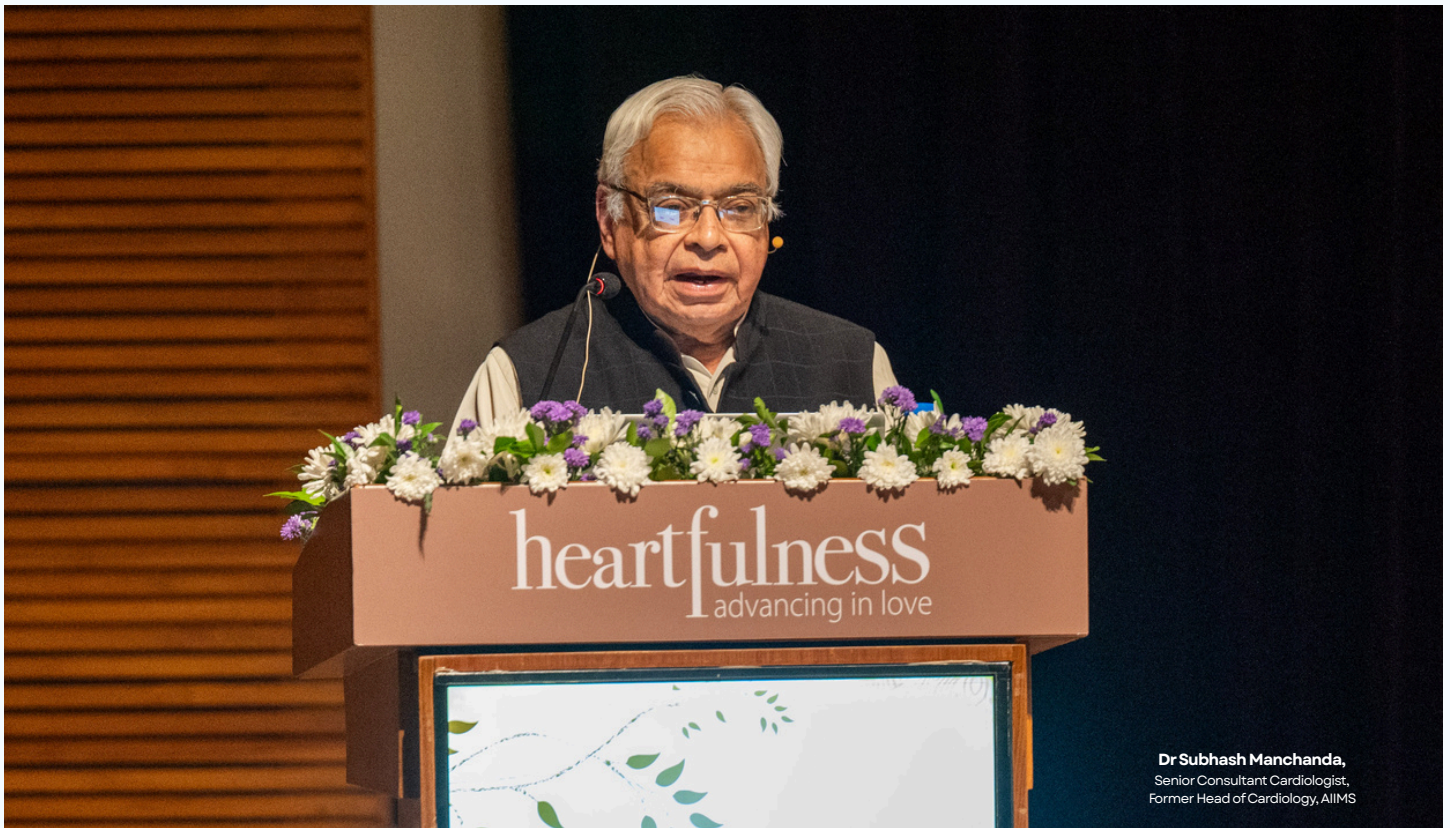
Shri Kamlesh D Patel,
Global guide, Heartfulness

“True health begins in the heart. When the heart, mind, and body are in harmony, life transforms from a pursuit of wellness to a state of balance and inner peace. IHW 2025 aims to bring together the scientific and spiritual communities to co-create a more integrated understanding of wellbeing.”

Daaji reflected on the deep relationship between the heart, emotions, and consciousness, noting that “anger can trigger a heart attack, while compassion can protect the heart.” He emphasized that reactions differ from person to person because “vrittis – the subtle fluctuations of consciousness – shape our tendencies and emotional responses.”

He questioned why yoga still needs scientific validation when it has guided humanity for 5,000 years, yet acknowledged that understanding mechanisms helps anchor conviction. Daaji proposed a new research direction: mapping the five fundamental emotions to specific ECG signatures and correlating these with yogic chakras. This, he said, could lead to precise meditation-based corrections for emotional imbalances. He highlighted the need for heart-mind synchrony, quoting Swami Vivekananda: “The mind must form an eclipse of conscience with the heart.” Daaji also clarified the true meaning of meditation, reminding that “dhyān is the vehicle that carries us toward ultimate wisdom, not merely the absence of thought.”

He concluded with the Vedic definition of the heart—*hridaya*—“the residence where the Lord resides.” Pointing to Lord Krishna’s declaration, “I dwell in every heart,” Daaji affirmed: “The heart is both the residence and the doorway.”



“Scientific evidence now shows yoga helps across the entire continuum of heart disease.”

I have practiced cardiology for almost fifty years, and for the last three decades I have adopted an integrated approach to heart care. I am encouraged to see this approach gaining momentum and emerging as a new paradigm.

Ancient yogic wisdom describes five layers of existence—the body, prana, mind, intellect, and consciousness modern medicine affirms the deep connection between mind and heart. Stress activates neuroendocrine pathways and the autonomic nervous system, leading to inflammation, hormonal imbalance, and ultimately cardiovascular disease. The heart is not merely a pump; it responds profoundly to emotional states. Anger can trigger heart attacks, while positive emotions like compassion may be protective. Yoga offers a holistic solution. It is not just postures but a complete lifestyle—healthy diet, regular exercise, freedom from addictions, stress management through meditation, emotional regulation, and spiritual well-being. This “lifestyle polypill” addresses all major risk factors simultaneously.

Studies also show regression of early atherosclerosis, improved outcomes after heart attacks, better quality of life, and enhanced cardiac rehabilitation. Emerging research suggests benefits in arrhythmias, heart failure, sleep disorders, anti-aging mechanisms, and even favorable gene expression. Yoga strengthens the mind, improves adherence to medical therapy, and has no adverse effects—only positive ones like peace, clarity, and emotional balance. As a preventive and complementary strategy, yoga can significantly reduce the burden of heart disease and help people lead healthier, happier, and more peaceful lives.



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

“Breathing is our bridge. It is slow enough to control and powerful enough to stabilize the brain and heart.”

Dr. Georg Northoff delivered a neuroscience-focused exploration of the “middle ground” between heart and brain, explaining how the two are continuously connected. He showed that every heartbeat is processed across multiple brain regions within milliseconds, “walking through the brain” much like a rhythmic signal traveling across a landscape. He emphasized that this interaction is bidirectional: just as the heartbeat shapes brain activity, mental states such as anxiety can destabilize cardiac rhythms, illustrating why the heart cannot be seen as merely a pump.

Using neuroimaging examples, he demonstrated how the brain and heart synchronize – comparable to two people dancing in mutual adaptation – and how this synchrony supports emotional stability. In cases such as atrial fibrillation, the loss of heart rhythm leads to decreased synchrony in the brain, contributing to uncertainty and anxiety.

Dr. Northoff then explained why breathing acts as a more accessible bridge: slower, consciously controllable, and capable of modulating both brain and heart rhythms. His research on personalized breathing rates showed significant reductions in anxiety and racing thoughts, along with stronger brain–lung–heart synchrony after a few weeks of breathing practice.

Dr. Northoff expanded the idea of synchrony beyond physiology, noting that people who feel in sync with themselves also feel more connected to others and the environment – a relationship that weakened during post-COVID isolation. He concluded that synchrony is the “common currency” linking body, brain, mind, and world, and stressed the importance of personalized approaches in prevention and well-being.



Dr. Vishwajeet Kumar in his role as a Moderator made important remarks at different stages:

Dr. Kumar began with humility, acknowledging that he felt “unlettered” among such distinguished teachers and experts. Yet, he emphasized that his journey in rural India –working to save the lives of mothers and newborns–had taught him an important lesson: while we are doing many necessary things in healthcare, they may not yet be sufficient. This realization led him to reflect on cardiac health through a new lens. He suggested that it is time for a new paradigm—one that goes beyond conventional approaches and invites us to rethink heart health more holistically. With an open mind, not as a skeptic but as a learner, he set the tone for the session by welcoming voices that bridge clinical medicine, integrative medicine, consciousness, and experiential wisdom.

During the session, Dr. Vishwajeet reflected on how the session had expanded his own understanding—from seeing the heart merely as a mechanical pump to recognizing its profound interconnection with traditions, science, and consciousness. He appreciated how rigorous scientific experiments were able to unravel the intricate choreography between the heart and the brain. At the same time, he raised an important question: are our current scientific tools limiting our ability to fully evaluate ancient traditions? He reminded the audience that absence of measurable evidence does not necessarily imply absence of effect. This thoughtful reflection deepened the intellectual engagement of the session.

In his closing remarks, Dr. Kumar synthesized the confluence of ideas that emerged during the session. He articulated that the heart must be understood simultaneously as a physical organ, a neural hub, a center of consciousness, and a doorway to our deepest humanity. True cardiac health, he emphasized, requires engagement across all these dimensions. He called upon doctors to transcend disciplinary boundaries, researchers to expand methodological imagination, and policymakers to approach integration with humility. Drawing from his experience in neonatal health, he cited the example of skin-to-skin care (as part of Kangaroo Mother Care) reducing neonatal mortality—an instinctive practice that required decades of evidence to gain policy acceptance—illustrating how wisdom often precedes measurement. He concluded by underscoring that integration—or perhaps synchronization—of science and tradition is essential, and left the audience with the profound reminder that the heart is not merely an organ, but a sacred space within every human being.

6. MESSAGES BY THE CHIEF GUESTS & DIGNITARIES



Shri Pratap Rao Jadhav,
AYUSH Minister

“When the heart is at peace, the mind is at peace. Heartfulness is researching in the connection between heart and mind on our overall health. Kanha Shanti Vanam is bringing the genesis of healthy nation under the keen guidance of Revered Daaji.”

In his inaugural speech as the chief guest of the conference **Shri Prataprao Jadhav – Hon’ble Minister for AYUSH, Govt. of India** said, “The IHW 2025 is a confluence of major streams for holistic wellness bringing meaningful and relevant discussions and deliberations on holistic health. The serenity of Kanha Shanti Vanam is exemplary for a perfect ecosystem.

Our traditional medicine is self-sustaining with no side-effects. The modern lifestyle related health problems can be dealt with the right interventions such as adopting the traditional wisdom of yoga and meditation as postulated by Maharshi Patanjali. Under the aegis of the Ministry of AYUSH the ‘Prakriti Parikshan Abhiyan’ based on Ayurvedic principles is helping adopt a healthy lifestyle, building a healthy society and a healthy nation.

The success of the mission has at its core digital healthcare access to every citizen of India. Hon’ble PM Modiji believes that access to universal healthcare is access to justice. Indian traditional knowledge is being recognized all over the world and there is growing awareness on the same. The Govt. of India is establishing AYUSH hospitals across the country what Heartfulness wellness programmes in the offering is exceptional in holistic health while nurturing the spirit at its extraordinary premises.



Dr. Tanuja Nesari,
Director, ITRA

“Ayurveda recognises the heart as the seat of manas and buddhi, establishing a deep mind–heart–brain connection where mental and cardiac well-being are inseparable”.

Dr. Tanuja Nesari highlighted ITRA’s pride in collaborating with Heartfulness for the Third International Conference on Health & Well-being, noting the participation of over 25 institutions worldwide. Reflecting on the Curtain Raiser, she affirmed the strong alignment between the conference theme – Mind–Body Medicine for Cardiac Health, Lifestyle, and Mental Well-being – and Ayurveda’s core principles.

Emphasising integration over competition, she spoke of uniting conventional medicine, Ayurveda, yoga, and spiritual practices. She stressed the need for tradition supported by technology and expressed confidence that, under the Hon’ble Minister’s leadership and Revered Daaji’s guidance, AI-based tools will strengthen delivery of traditional medicine.

She outlined Ayurveda’s strengths – preventive cardiology, Panchakarma, Shodhana, and herbal interventions like arjuna, ashwagandha, pushkarmool – and called for collaborative research to generate robust evidence. She also highlighted ITRA’s initiatives: Veterinary Ayurveda, digital transformation with IIT partners, and the Global Centre for Traditional Medicine enabling collaboration with 193 countries.

Dr. Nesari concluded by echoing this year’s theme, “Ayurveda for People and Planet,” encouraging the creation of a beautiful environment both outside and within. She praised the serenity of the Heartfulness campus and expressed hope for the Heartfulness Forest at Jamnagar, reaffirming ITRA’s commitment to integrating Ayurveda, traditional wisdom, and modern science.



Dr M Srinivas,
Director - AIIMS, New Delhi

“Emphasizing the value of mind–body medicine, he stated that the body and mind work together, and the heart must be understood not merely as a machine but as a guide influenced by how we feel, think, and live.”

Dr. M. Srinivas highlighted the relevance of the conference theme–Mind–Body Medicine for Cardiac Health, Lifestyle, and Mental Well-being–in the context of a rising global burden of non-communicable diseases such as hypertension, anxiety, obesity, and burnout. These conditions, are no longer confined to specific populations but are widespread, revealing the need to view health not as isolated treatment but as a continuous journey of healing. He also highlighted the ongoing MoU between **AIIMS New Delhi** and the **Heartfulness Institute**, signed in March 2023, which includes collaborative research, training, and education in stress management, cardiac rehabilitation, mental well-being, and integrative health.

He reaffirmed that mind–body medicine is a rigorous science, supported by psychoneurocardiology, psychoneuroimmunology, heart-rate variability studies, and hormonal modulation research. Calling for deeper collaboration, he urged delegates to go beyond academic dialogue and bring together cardiologists, counsellors, data scientists, yoga therapists, administrators, and community healers to design protocols that are both clinically sound and emotionally intelligent. He emphasized that India’s traditions of Ayurveda, Yoga and spiritual inquiry uniquely position the nation to lead the global movement toward integrative health. AIIMS New Delhi, he said, is committed to acting as a lighthouse illuminating pathways that unite ancient wisdom with modern science.

Dr. M Srinivas concluded with a call to become co-creators of a new holistic health narrative, expressing hope that the conference becomes a catalyst for healing within systems, communities, and individuals.



Dr Subarna Roy,

Scientist G & Director, ICMR-National
Institute of Traditional Medicine, Belagavi

"The concept of health has changed, and it is evolving. It has gone beyond diseases to a multi-dimensional construct encompassing mind, body, medicine, shaped by the interplay of environment, relationships, consciousness, and lifestyle.

He underscored that the integration of traditional wisdom with modern health systems is not merely desirable but imperative in the current healthcare landscape.

Describing the mandate of the ICMR-National Institute of Traditional Medicine, he explained that the institute works on both codified (AYUSH) and non-codified (folk and tribal) systems to generate scientific evidence that is widely understandable and acceptable. Beneficial practices observed in community and hospital settings are systematically documented and evaluated through a structured reverse pharmacology pathway. This includes detailed documentation of treatment usage, composition, and concurrent therapies, followed by laboratory investigations such as pharmacognosy, phytochemistry, molecular biology, microbiology, immunology, in vitro assays, animal safety studies, bioinformatics, and AI-enabled computational simulations. Promising interventions then advance to clinical research, including randomized controlled trials conducted largely within modern medical settings.

He further highlighted the strength of ICMR's national laboratory network, hospital partnerships, and rural health research units in facilitating field validation. Noting close collaboration with the Ministry of AYUSH in research, training, and guideline development, he mentioned the inclusion of an integrative health component in the ICMR Ethics Guidelines, developed with AYUSH and AIIMS New Delhi. Concluding with an emphasis on partnership, he stressed that meaningful research cannot occur in silos and called for strong interdisciplinary collaboration to demonstrate how traditional medicine can complement modern healthcare, ultimately contributing to improved quality of life and progress toward universal health coverage.



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

“Integrative research spanning ‘from the molecules to the markets,’ emphasizing systems-level thinking, interdisciplinary collaboration, and alignment of lifestyle, behavioral, biomedical, and policy interventions within coherent public health frameworks.”

Dr. Srinath Reddy situated cardiovascular disease within the broader context of epidemiological transition, urbanization, and behavioral change, describing the conference as a confluence of science and spirituality. He emphasized that prevention must integrate biological, psychosocial, environmental, and lifestyle determinants within comprehensive public health strategies. Tracing India’s shift from rheumatic heart disease to the growing burden of premature coronary artery disease among South Asians, he highlighted migrant and urban-rural evidence demonstrating elevated cardiometabolic risk not fully explained by conventional Western models, leading to recognition of a distinct South Asian phenotype shaped strongly by environmental and lifestyle influences.

Expanding into systems biology, he discussed homeostasis and allostasis mediated through neuroendocrine and immunological pathways, emphasizing the gut-brain-heart axis and microbiome regulation in cardiometabolic health. He identified stress as an under-recognized cardiovascular determinant, noted the potential of contemplative practices to influence autonomic and neuroendocrine pathways, and highlighted dietary modulation of protective mechanisms such as GLP-1. He concluded by advocating integrative, interdisciplinary research that translates molecular insights into population-level prevention and policy impact.



Dr Kashinath Samagandi,
Director, MDNIY

Dr. Kashinath Samagandi, Director of the Morarji Desai National Institute of Yoga (MDNIY), addressed the gathering with an opening note of appreciation for the Heartfulness Institute's initiative in hosting an International Conference on Health and Wellness. He emphasized the timeliness of the theme, highlighting the alarming global rise in cardiovascular diseases. Citing WHO data, he noted that over 19 million people die annually from cardiac conditions, making cardiovascular disease responsible for one-third of global mortality. **In India alone, one in four individuals is affected.**

Despite major advancements in diagnostic tools, therapeutics, and surgical interventions, he stressed that modern medicine still struggles to contain the growing burden, particularly as heart disease increasingly affects younger populations. However, he underscored a positive reality: nearly 80% of cardiac ailments are linked to modifiable lifestyle factors. Drawing on ancient Ayurvedic and Yogic texts, he reiterated that disturbed lifestyle and psychological imbalance have long been recognized as primary contributors to disease.

Dr. Samagandi highlighted yoga's growing global relevance, noting extensive evidence demonstrating its ability to reduce inflammation, anxiety, stress, LDL cholesterol, triglycerides, resting heart rate, and improve heart-rate variability. He clarified that yoga extends far beyond asana and pranayama; it is a holistic discipline of integrated living, as echoed in the Bhagavad Gita, Patanjali's Yoga Sutras, and classical Ayurvedic treatises. He stressed the need for integration between ancient Indian wisdom and modern scientific understanding, noting the significant outcomes achieved when these systems converge. As an example, he shared the recent collaboration between Morarji Desai National Institute of Yoga (MDNIY) and the Heartfulness Institute at the Osaka World Expo, where an initial plan for a single session expanded into a sustained program training more than 13,000 participants in six months.

Concluding his address, Dr. Samagandi expressed confidence that the conference would catalyze meaningful collaborations across disciplines and contribute significantly to advancing holistic cardiac wellness worldwide.

7. SCIENTIFIC SESSIONS

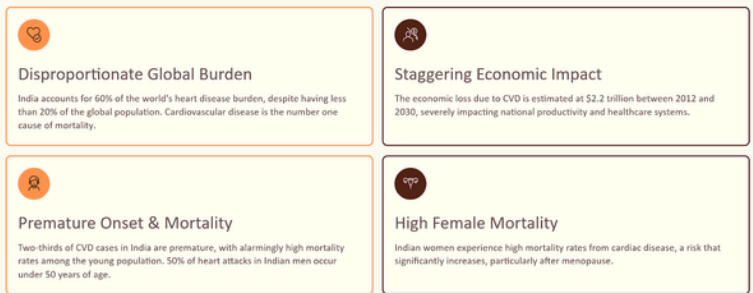
7.1 THE PRESENT STATUS OF CARDIOVASCULAR HEALTH AND DISEASE IN INDIA

All speakers prefaced their presentations stressing the high incidence of cardiovascular disease in India, and that younger people are now getting affected, too. Two epidemiological descriptions summarise the challenge aptly:

- **Dr Srinath Reddy** stressed that *“India is experiencing an accelerated epidemiological transition”*
- **Dr Sevith Rao’s** presentation : *“Cardiac Disease in India: A Silent Epidemic. A Call to Urgent Action”*

The slide beside summarises the status.

THE UNSETTLING REALITY: INDIA'S HEART DISEASE BURDEN



Dr Srinath Reddy’s presentation : *“Cardiac Health and Disease in India and its relationship with wellbeing”* talked about the detailed epidemiological picture that has emerged since the 1970s. The population affected, the risk factors, and preventive steps are now well documented through large scale studies. About 90% of risk can be explained by Smoking, Alcohol Consumption, Dyslipidaemia, High Blood Pressure, Diabetes Mellitus, Abdominal Obesity, Low consumption of the fruits and vegetables,

Psychosocial Factors, and a Lack of Exercise. Despite this, he said further studies are needed to explain the mechanisms for coronary artery disease in India due to a *“High Proportion of Lean Diabetes, Differences in Lipids and Body Fat, Dietary Issues, Thrombotic Vs Atherosclerotic Load; and because of the emerging issues of Climate Change, Air Pollution and Microbiome Alterations”*. He highlighted the fact that science is documenting more connections: the Neuroendocrine Axis, the Neuro-Immuno-Endocrine Axis, the Microbiome and the Gut Brain Axis, Epigenetic Effects, and Infections. The present conclusion is that inflammation is the common pathway to cardiovascular disease.

Dr Reddy stressed two important points:

1. Stress and Sleep are important risk factors, but well planned epidemiological studies are needed to document their role in causing coronary heart disease; and
2. He laid the foundation for further discussion on Integrated Care for health, stating that it is important to practice holistic science; it is essential for Mind-Body Medicine; and it will support a Life Course Approach.

“Cardiac Disease in India: A Silent Epidemic. A Call to Urgent Action”



Dr. Sevith Rao from the Indian Heart Association delivered a powerful talk on India’s escalating burden of heart disease and stroke, emphasizing that India has become the global epicentre of cardiovascular disease despite representing less than a fifth of the world’s population. He explained that although heart disease is the leading cause of death in the country, a sizeable proportion is preventable if individuals take early and aggressive action. Highlighting the alarming rise of premature heart attacks among Indians

—almost two-thirds occurring earlier than in Western populations and nearly half of male heart attacks happening before age 50—he stressed that both men and women are equally vulnerable, especially women after menopause. Dr. Rao discussed the “South Asian paradox,” where Indians have almost double the rates of heart disease due to a blend of genetic predisposition, smaller coronary vessels, elevated lipoprotein(a), epigenetic influences like generational feast-famine cycles, and environmental factors such as westernized diets, air pollution, stress, and sedentary lifestyles. He explained how these biological risks interact with population-level changes—urbanization, aging, processed food availability, socio-cultural shifts—to create a “perfect storm” for cardiovascular disease. He also highlighted major care gaps, noting that less than half of hypertension and diabetes cases are controlled and only 1 in 5 patients are well-treated, leading to a massive pool of preventable heart attacks and strokes. Dr. Rao urged people to start early with prevention by targeting modifiable risk factors like diet, obesity, hypertension, and diabetes, while acknowledging non-modifiable risks associated with South Asian genetics. Using visuals of minimally processed foods versus ultra- processed snacks, he stressed the role of dietary habits, portion control, and reducing fried and packaged foods, especially among youth and IT workers. He emphasized that BMI alone is misleading for Indians because visceral fat—especially belly fat—is more dangerous, making waist circumference or waist-hip ratio better indicators of risk. Concluding, he said that combating heart disease and stroke requires early screening, strong public awareness, lifestyle modification, and timely treatment to protect not only individual health but also the nation’s economic future.

7.2 THE PRACTICE OF INTEGRATIVE HEALTH

Integrative Health is being practiced by several medical practitioners, both in the allopathic and traditional /complementary medicine domain. Presentations included global examples and an example from India. The conclusion was that while it is being practiced, a limited number of traditional /complementary medicine practices have been integrated. Further research is needed to generate evidence which can help to upscale the practice of integrative health.



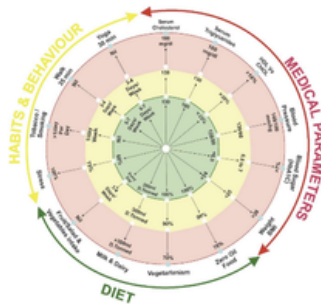
Dr Mimi Guarneri presented a global perspective of Integrative Health for Cardiovascular Disease. She is an integrative cardiologist recognized globally for her leadership in holistic cardiovascular care. She highlighted that western medicine excels in acute care, cardiovascular disease remains largely preventable, yet is often treated superficially through a “pill for every ill” silo-based model. She explained that conventional risk factors—hypertension, diabetes, cholesterol, tobacco use, inactivity, obesity—

represent only part of the picture, stressing the need to ask deeper “why” questions about root causes. She emphasized that social determinants like poverty and geography profoundly shape life expectancy, and emerging evidence shows that dysbiosis, leaky gut, nutrient deficiencies, sleep disorders, and chronic inflammation significantly influence cardiovascular outcomes but are rarely included in standard risk assessments. She urges clinicians to screen for sleep apnea, given its strong associations with hypertension, depression, arrhythmia, heart failure, and post-MI mortality. Stress, she notes, drives 75–90% of clinical visits, and lifestyle choices often reflect underlying psychosocial strain. Aligning with Thomas Edison’s vision of future medicine, she calls for a shift toward understanding the human body as an interconnected system shaped by genetics, environment, stress, lifestyle patterns, and exposures, rather than isolated organs or single genes. She concludes that holistic interventions—such as yoga, meditation, physical activity, and preventive care—supported by evidence like Ornish’s and Amish lifestyle studies, demonstrate that comprehensive lifestyle change can modify gene expression, reduce disease burden, and transform modern cardiovascular care.



Dr Bimal Chhajer described his “Science and Art of Living” (SAAOL) initiative, which blends evidence-based medicine with holistic practices, now functioning across 142 centers in India and abroad. Drawing inspiration from mentors like Dr. Dean Ornish and Dr. Reddy, he underscored that education is the best “vaccine” against heart disease and presented scientific evidence showing that lifestyle modification—stress control, plant-based diet, exercise, and risk factor management—can

not only prevent but also reverse coronary blockages, proving that heart health can be reclaimed through consistent, integrated change. Dr Chhajer presented the SAAOL Safety Circle. He said it is a proven chart, using some of the practices promoted by Dr Dean Ornish, and can be used by heart patients to check the status of their disease control. It contains 14 spokes in a wheel where each spoke represents a risk factor with parameters like cholesterol, triglycerides, cholesterol/HDL ratio, BP, sugar control, BMI, tobacco consumption, walking, intake of fats/ oils, consumption of fruits and vegetables, intake of animal foods, Yoga-based exercises, meditation, and stress management. There are three zones in this chart:



- Red (high risk)
- Yellow (medium risk or prevention range)
- Green (lowest risk or reversal range)



Prof. Judith Deutsch presented on “Workplace wellness as a public health strategy”—explaining that she would use her own university as a living example to illustrate the complexity and necessity of wellness systems. She described how a university is essentially a “small city” with multiple subcultures—faculty, administrative staff, service workers, students, clinicians—each with unique pressures, needs, and stressors, which means any wellness program must be

designed with sensitivity to these layers. Prof. Judith Deutsch emphasized that workplace wellness is not a luxury benefit but a core public health priority, requiring deliberate structure, clear frameworks, and long-term vision. She explained that her team experimented with two different models of wellness: one traditional, institutional, and top-down, and the second more holistic, grounded in mindfulness, yoga, journaling, and contemplative practices, which align with the Heartfulness approach she has been co-developing. She highlighted the importance of using structured frameworks to define wellness goals, identify challenges, and choose interventions that match the organizational culture, noting that frameworks help avoid scattered, one-off activities and instead create sustainable systems. Judith discussed how her university monitors workplace wellness using indicators like participation, perceived stress levels, mental well-being, social connectedness, and even functional mobility in certain staff groups—metrics that help them understand whether wellness initiatives are translating into real change. Drawing on her research background in virtual reality and game-based rehabilitation, she shared how evidence-based movement, mindful practices, and behavioural strategies can complement organizational wellness efforts. She concluded by reinforcing that workplace wellness must be seen as a long-term investment in public health, not a short program, and that institutions thrive when they intentionally create supportive environments, nurture mindful habits, and embed wellness into the culture rather than treating it as an optional add-on.

7.3 PATHWAYS TO INTEGRATIVE HEALTH

A series of presentations focused on the science of Ayurveda and Yoga, and Contemplative Practices like Meditation needed to promote health and prevent cardiovascular disease. A broad conclusion can be drawn that research done to document the benefits of Yoga presents robust evidence of benefits; while more research is needed to document the benefits of Ayurveda and Contemplative Practices. The Speakers also suggested ways to integrate these practices into modern medicine.

7.3.1 DELIBERATIONS ON AYURVEDA

Ayurveda is one of the world's oldest systems of medicine, originating in India more than 5,000 years ago. It focuses on maintaining health, preventing disease, and treating illness through a balanced way of living, by a balance between the body, mind, senses and soul. All body and mental functions are explained through three biological energies, or doshas. Every person is born with a unique dosha constitution (Prakriti). Health means keeping your dominant dosha in balance. A population mapping of all the Prakritis of the Indian people is presently being done by the Ministry of AYUSH.



Ayurveda treats both Diseases and Lifestyle disorders. Its emphasis on a holistic view of health is appreciated, and it is gaining popularity amongst health care practitioners as a supportive treatment for several diseases.

Leading Ayurvedic Physicians presented their perspective on how this ancient science can be integrated into modern day clinical practice. Two of the Speakers were qualified in both Allopathy and Ayurveda, a rarity among clinicians. Besides plenary sessions, there were several oral presentations and poster presentations on various aspects of the science.



Recognizing that several eminent Ayurvedic vaidyas and experts were presenting on the specific theme of Ayurveda and cardiac health, **Dr. Jayasundar** chose to take a broader perspective in her lecture. She focused on presenting the Ayurvedic framework for understanding health and disease, addressing fundamental questions such as whether Ayurveda possesses a structured scientific framework and whether it offers objective parameters for assessing health.

Drawing from her fifteen years of professional experience since completing her medical degree in Ayurveda, she reflected on the widespread lack of appreciation for the scientific and rational foundations of Ayurveda. She noted that many continue to view Ayurveda as unscientific simply because of its ancient origins, assuming that true scientific reasoning could not have existed five millennia ago. Dr. Jayasundar then explored the contemporary concept of wellness and well -

being, observing that while it is widely discussed, there is still no universal consensus on its defining dimensions. She highlighted commonly accepted domains such as the physical and physiological, psychological, emotional, spiritual, occupational, social, and environmental aspects of human life. She emphasized that these domains are deeply interdependent and collectively shape the overall well-being of an individual.

Dr Rama Jayasundar further explained that approaches to health and disease management are determined by diagnostic and health metrics, which in turn arise from how the human system itself is conceptualized. In modern medicine, the human body is understood primarily through the lens of molecules, proteins, cells, genes, and organs. Consequently, therapeutic targets and management strategies are defined within this same framework. However, Dr. Jayasundar posed a critical question: Is there only one way to understand the human system? She asserted that given the immense complexity of human existence, multiple perspectives are not only possible but necessary. She introduced the concept of worldview as the set of fundamental beliefs that shape how reality itself is perceived and interpreted. She explained that modern medicine largely operates within the worldview of classical or Newtonian physics, which views reality as composed of material building blocks and follows a reductionist approach—explaining larger systems in terms of smaller components. This worldview has profoundly shaped the biomedical understanding of the human body. While this approach is valid at one level, Ayurveda, she emphasized, offers a broader and more integrative understanding of human existence that goes beyond purely physical explanations.



Dr Shankar Prasad is trained in both Allopathy and Ayurveda. His presentation - “Heart, Mind and Meditation: The Vision of Ayurveda and its integration in care and management”. He presented an insightful integration of Ayurvedic and modern perspective on cardiac health. He explained that inflammation and atherosclerosis arise not from all fats, but from sama medas - metabolically impaired fats comparable to oxidized Low Density Lipoproteins which become toxic when it is

combined with mental stress. Ayurveda views this process as beginning in the gut, where energy obstruction triggers systemic imbalance affecting the heart. Depending on one’s prakriti and dosha, symptoms and risks differ - from vague discomfort in vaata types to heaviness in kapha type. Treatment principles emphasize restoring the energy flows through:

- Shodhana: cleansing
- Langana: light diet
- Pachana: digestion
- Vaata Anulomana: Proper Energy Directions
- Use of Herbs: Arjuna, Garlic, and Shilajit.

Thus, Ayurveda believes in, and promotes, the body’s self-healing, which can be considered as complimentary to modern medicine’s interventional focus.

He urged scientific openness and dialogue between systems, developing a shared language for understanding drugs and physiology. “For all systems have a unity of purpose, working together with a common goal for the holistic well being of society.”



In his presentation titled “Integrating Ayurveda in Mainstream Medicine for Cardiac Health”, **Dr Gangadharan** suggested a way forward towards Integrative Health in a phased manner.

His presentation elaborated on the Ayurvedic understanding of cardiac health (Hṛdaya) and its evidence-based integration with modern cardiology. He said that the ancient physicians Acharya Sushruta and Sharangdhara, had described the anatomy and working of the

heart precisely. Diagnostic evaluation was explained using the **Trividha Pariksha** (Darshana, Sparshana, Prashna) along with **Dosha-specific symptomatology**, assessment of **Agni and Ama**, and identification of **channel obstruction (Margavarana)**. The **functional significance of Hṛdaya** was discussed in both physiological and metaphysical dimensions—highlighting its role in **circulation, consciousness, mind, and soul**.

Present day research has explained the **etiology of cardiovascular diseases (Hṛdroga)** was explained through **Tridosha imbalance**:

- **Vata** – arrhythmias, palpitations, conduction defects
- **Pitta** – inflammatory and ischemic heart diseases
- **Kapha** – dyslipidemia, arterial blockages, heart failure
- **Sannipata** – chronic hypertensive and advanced cardiac conditions
- **Krimija Hṛdroga** – infective endocarditis

Also, a key focus has been on **evidence-based Ayurvedic therapeutics**, highlighting:

- **Arjuna, Guggulu, Trikatu** for lipid control and cardioprotection
- **Jatamansi, Brahmi, Vacha, Guduchi** for hypertension and stress modulation
- **Pushkaramoola, Punarnava, Pravala Pishti** for vascular and renal support.

He acknowledged that modern medicine is necessary during cardiac emergencies and for surgical interventions, *Ayurveda* is needed for personalised management. The role of **personalized dietary management (Ahara)** based on **Prakriti, Agni, Koshta, Desha, Kala and Bala** was emphasized for sustainable cardiac care. Additionally, **mind-body interventions** such as **Meditation (Dhyana), Pranayama, and Dinacharya** were shown to improve **heart rate variability, inflammatory markers, and autonomic balance**

Dr Gangadharan suggested a phased approach to integrate *Ayurveda* into modern medicine:

- **Collaborative Care Model:** establish multidisciplinary teams to deliver patient centred collaborative care and enhance adherence through holistic management.
- **Clinical Validation and Systems Biology:** conduct rigorous multi – site trials to scientifically validate *Ayurvedic* interventions. Use systems biology and pharmacogenomics to elucidate the molecular pathways underlying the cardioprotective effects of herbs.
- **Integrated Step Down Care:** standardize integrative protocols for managing stable conditions focusing on a step down approach to reduce reliance on long term conventional medication.
- **Adjunctive and Post Operative Protocols:** formalise the use of *Ayurveda* therapies as adjuncts to cardiac surgery, promoting faster tissue healing, inflammation control and emotional recovery.
- **Standardized Personal Assessment:** develop quantifiable metrics for *Ayurveda* diagnosis to facilitate risk stratification and harmonize care across disciplines.

Besides these presentations, which highlighted the benefits of Ayurveda in general and suggested ways of integration, Faculty from the Institute of Research and Training in Ayurveda (ITRA) made presentations on specific Ayurvedic treatments for cardiovascular health and disease. This included presentations on Ayurveda Herbs, Panchakarma and the Ayurvedic Perspective of Mind.



Dr Kalpesh Panara gave a presentation on Ayurveda Herbs and Cardiac Care: Evidence Synthesis through Systematic Review. His study was on ten ayurvedic herbs: Arjuna, Pushkarmoola, Guggula, Punarnava, Gokshara, Ashwagandha, Pippali, Yashtimadhu, Hriversa and Garlic. A systematic review of global peer reviewed publications was undertaken, using detailed inclusion and exclusion criteria. His conclusions:

- All herbs have moderate-to-high certainty evidence (e.g., Arjuna for LVEF improvement).
- Use medicinal plants as adjuncts, not replacements for proven cardiac therapies.
- Use standardized material/extracts with known composition and dose

He also outlined research priorities:

- Conduct adequately powered, multicentre randomized controlled trials with clinically meaningful endpoints (mortality, hospitalization, quality of life), not just surrogate markers.
- Standardize and report herb identity, part used, extraction method, phytochemical profile, and dose to allow reproducibility and meta-analysis.
- Study mechanisms of action (antioxidant, lipid-lowering, anti-ischemic, anti-inflammatory pathways) with translational models and biomarkers.
- Include long-term safety studies (hepatic, renal, endocrine effects) and specific population studies (elderly, polypharmacy, pregnancy).

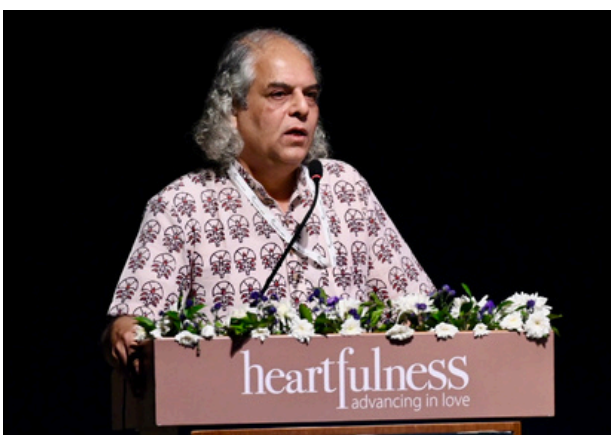
Dr Anup Thakar presented the “Role of Panchakarma in Wellness of Mind and Body.” He said it is one of Ayurveda’s most impactful modalities due to its clear, structured procedures and predictable benefits; and is both a therapeutic and preventive tool. Panchakarma consists of the five major purificatory procedures—Vamana (emesis), Virechana (purgation), Niruha Basti (decoction enema), Anuvasana Basti (oil enema), and Nasya (nasal medication)—



designed for deep cleaning and restoring physiological balance. He elaborated on Ritu Shodhana, the seasonal cleansing framework of Ayurveda. At the end of every season, the body accumulates metabolic waste just as stagnant water gathers sediment; Panchakarma removes these deposits, preventing future disease. Even performing a single appropriately chosen

panchakarma procedure at the end of each season significantly reduces disease susceptibility. He summarized the holistic benefits of Panchakarma: improved metabolism, disease reduction, enhanced sensory clarity, mental equilibrium, stronger immunity, slower aging, and better seasonal adaptation.

Dr. Thakar presented scientific data supporting Panchakarma's efficacy. He discussed Abhyanga research showing reduced anxiety, lowered cortisol levels, improved lymphatic and blood circulation, and benefits in pain, fatigue, and sleeplessness. He referenced studies showing improvements in glucocorticoids, catecholamines, ACTH, and vasodilation, with protective effects in autoimmune and inflammatory conditions such as rheumatoid arthritis and psoriasis. He described a study from his own institute assessing lipid peroxidation and catalase activity during Vamana therapy, where lipid peroxidation (a marker of oxidative stress linked to atherosclerosis) decreased while catalase activity (a protective enzyme) increased across multiple sampling points, demonstrating enhanced cellular resilience. He explained that Virechana reduces hepatic glucose output, making it beneficial for metabolic and glycemic control. He emphasized that Basti is considered half of all treatment in Ayurveda, and modern science—through the gut-brain axis, lymphatic physiology, and microbiome research—now supports its systemic impact. He cited evidence including Mustadi Yapana Basti reducing TB-specific IgG/IgM, modulating T-helper responses, improving lymphatic drainage, reducing cytokines like interferon and interleukin, lowering ferritin, and increasing protective IgM, illustrating its immunomodulatory potential. He mentioned collaborative studies with IGIB-CSIR in hemiplegic patients, where Basti and Virechana lowered LDL cholesterol and demonstrated measurable genomic and biochemical improvements, though he noted that time constraints prevented a deeper dive into the genomic markers. Concluding, Dr. Anup Thakar stated that Panchakarma—preventive, curative, and restorative—stands as one of Ayurveda's greatest contributions to global health, supported by both classical wisdom and modern evidence.



Dr. Hitesh Vyas delivered a profound and structured presentation on “Ayurveda’s perspective of the mind”, emphasizing its philosophical, physiological, and psychological dimensions. Drawing from Charaka Samhita and Sankhya philosophy, he explained that mind (manas) is an integral component of Ayu—the combination of body (sharira), senses (indriya), mind (sattva), and soul (atma). Ayurveda views the mind as a bridge between the physical body and the spirit, functioning as

both an instrument of knowledge and a site of disease. Dr. Vyas elaborated that, according to Sankhya, the mind originates from Prakruti, composed of three subtle substances—sattva, rajas, and tamas—which determine an individual’s behavior and temperament. He highlighted factors influencing the development of the fetal mind, including parental psychology, sensory experiences during pregnancy, past-life impressions (samskaras), and self-contemplation. The existence of mind, he noted, is inferred from cognition—since one cannot perceive multiple stimuli simultaneously, the mind swiftly moves between sense organs. He outlined the three primary functions of the mind—cognitive (gyanatmak), conative (kriyatmak), and emotional (samvedanatmak)—and discussed how cognition begins internally, with the mind directing the

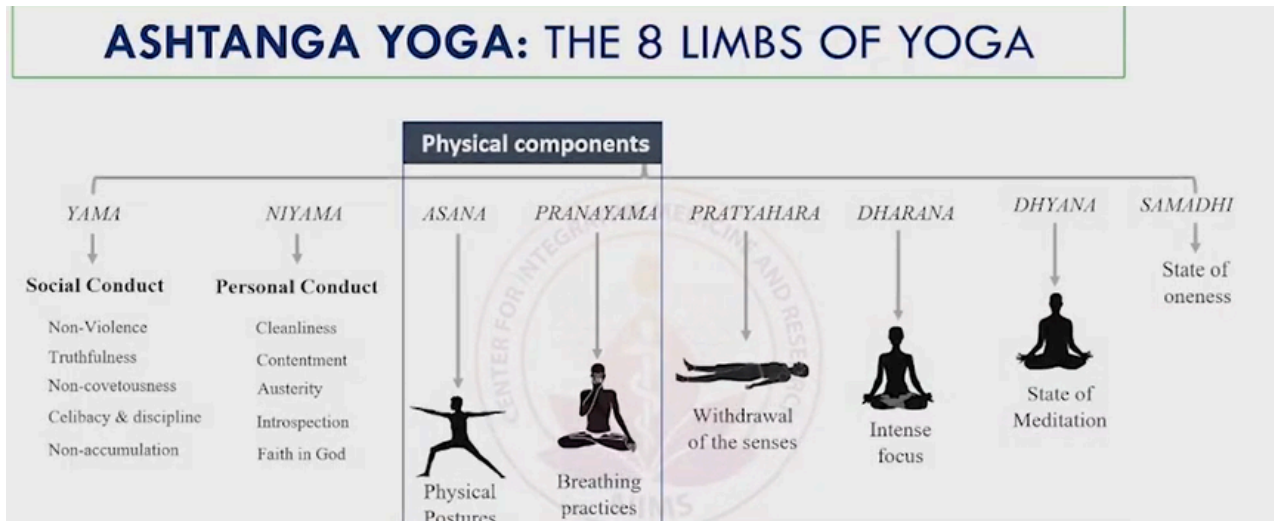
senses toward objects, contrary to modern physiology’s external stimulus model. He also described emotions like raga (attachment) and dvesha (aversion) as fundamental drivers of human behavior. On mind-body interaction, Dr. Vyas stressed Ayurveda’s view that “the body follows the mind, and the mind follows the body,” quoting Charaka Samhita on protecting the heart from psychological shocks. He classified mental disorders (manovikaras) into those arising from the body, sense organs, or intellect and noted Ayurveda’s recognition of psychosomatic illnesses such as unmada (schizophrenia) and apasmara (epilepsy). Concluding, he cited Patanjali’s four tools for mental well-being—friendliness, compassion, joyfulness, and indifference—and recited a verse from the Shukla Yajurveda’s Shiva Sankalpa Suktam, which beautifully encapsulates the essence of the mind in Ayurveda.

The rich and detailed presentations made it clear that Ayurved is a large repository of experiential knowledge, which has several offerings – herbal medicine, treatments, lifestyle and exercises – to promote health and prevent disease. Ayurvedic physicians accept that modern / conventional medicine is excellent when it comes to acute care and surgery; and suggest that Ayurveda can be used to complement these interventions during the recovery and rehabilitation phase. It was also made clear during the presentations that Ayurveda is being subjected to research using present day methodologies, to document the specific chemicals benefiting patients, and the molecular level changes being affected. Such research should be further encouraged. Also needed is a larger repository of evidence which can then be used to develop an integrated approach to patients. The personalised approach to each patient is one aspect of this science which is worth further study.



7.3.2 DELIBERATIONS ON YOGA

Yoga was defined by Sage Patanjali as a means to control the fluctuations of the mind. He defined the eight limbs of Yoga, detailed in the diagram below.



Four Speakers presented their work on Yoga and Cardiac Health, but the content was largely around Asana and Pranayama, the 3rd and 4th Limbs of Ashtanga Yoga.



Dr. Gautam Sharma, Professor of Cardiology at AIIMS Delhi and Head of the Centre for Integrative Medicine and Research (CIMR), delivered a data-driven and insightful talk on the Role of Yoga in Cardiovascular Health. He began by noting that stress is now recognized as a major, yet underappreciated, risk factor. Explaining the physiological links between stress, autonomic imbalance, and inflammation. He highlighted yoga as a proven, low-cost, and non-pharmacological

intervention that helps restore autonomic balance, enhance heart rate variability, and reduce sympathetic overactivity. Drawing on his research at AIIMS, he presented evidence from randomized controlled trials showing that yoga significantly reduces syncope episodes in patients with vasovagal syncope, lowers anxiety and arrhythmias in those with implantable cardioverter defibrillators, and improves exercise tolerance and quality of life after angioplasty. Concluding that yoga addresses both the biological and psychosocial dimensions of heart disease, he emphasized that integrative medicine—rooted in scientific validation and ancient wisdom—offers a promising path toward holistic cardiac care and long-term well-being.



Prof. Kashinath Samagandi, Director of Morarji Desai National Institute of Yoga, began his talk on Yoga and Cardiac Health emphasizing that his role was that of a messenger—bringing together the wisdom from classical Indian literature and modern science. He explained that the rising burden of cardiovascular diseases among youth stems from lifestyle changes, sedentary habits, poor diet, stress, and post-COVID inflammation. Drawing from Ayurveda and Yoga Shastra, he

described how ancient texts had already identified Vishamas Vastavutta (deranged lifestyle) as a key cause of disease. Prof. Samagundi stressed that medical advances alone cannot counter lifestyle disorders and that true health requires an integrative approach combining yoga, Ayurveda, diet, and behavioral regulation. He highlighted the deep interconnection between Ayurveda and Yoga, calling them not two sides but one side of the same coin—Ayurveda as the physical aspect and Yoga as the spiritual essence. Citing verses from Hatha Yoga Pradipika and Bhagavad Gita, he underscored the importance of balanced diet (Mitahara), proper meal timing, fasting, and moderation, noting that even modern scientific concepts like autophagy and circadian eating were described in Indian texts thousands of years ago. His core message urged acceptance of the classical Indian health principles, asserting that they stand validated by both tradition and emerging research.

Dr. Arpan Bhatt, Professor and Head of the Department of Swasthavritta and Yoga at ITRA, Jamnagar, Gujarat, presented on “The Role of Yoga in Cardiac Health and Well-being.” Emphasizing that heartfulness is best understood through the lens of yoga and consciousness, he beautifully linked ancient wisdom with modern cardiac science. Drawing from the Upanishads, Patanjali Yoga Sutras, and Ayurvedic texts, Dr. Arpan Bhatt explained that the heart is not merely just a



pumping organ but the seat of consciousness and emotion—taking, giving, and sustaining life’s rhythm. He urged that the efficacy of yoga should not be evaluated only through modern metrics like cortisol or dopamine but also through its deeper effects on conflict resolution and inner equilibrium, as intended by Patanjali. Highlighting that asanas and pranayama go beyond physical conditioning, he called for yoga to be a lived discipline rather than a limited practice, seamlessly integrating awareness, breath, and righteous living. His message resonated with the essence of holistic well-being—reminding that true cardiac health lies in restoring balance between consciousness, lifestyle, and compassion.



Dr. Shirley Telles delivered a presentation on “Embodied psychology in yoga and its relevance to cardiac and overall health,” Beginning with the idea that “embodied” refers to the deep connection between the physical body, the mind and the environment. She explained that embodied psychology links posture and breath—two simple, powerful components of yoga—to emotional and cognitive states. Posture influences both how others perceive us and how we feel

internally, with slouched or collapsed positions associated with discomfort, dullness, sadness, and a sense of low control. She emphasized that breathing is an even stronger bridge between body and mind because it is both involuntary and voluntary; her research since 2007 at Patanjali has focused on this dual nature. Citing a 1990s study from a drama school, she noted that six basic emotions have distinct “breath prints,” and intentionally breathing in those patterns can even induce the corresponding emotion. Dr. Telles highlighted that ancient Indian sages, especially Patanjali, recognized this connection centuries ago, embedding posture (asanas) and breath regulation (pranayama) as foundational limbs in the eightfold path toward mental mastery and wellbeing. She referred to the Panchakosha model from the Taittiriya Upanishad, describing five layers of human functioning—from physical to pranic to emotional, intellectual, and bliss states—showing how asanas and pranayama align with deeper layers of human experience. Transitioning to her laboratory research, Dr. Telles outlined standardized breath recordings of six pranayama techniques, including alternate nostril breathing, cooling breath, bumblebee breathing, bellows breathing, Kapalabhati, and simple breath awareness. Over years of randomized, self-controlled crossover trials with sample sizes of about 30–40, her team has examined how each technique uniquely alters breath patterns and physiological parameters. Their current focus is identifying which pranayama is most effective for specific outcomes—such as enhancing heart rate variability (HRV), a key indicator of autonomic balance—by systematically comparing six to nine breathing practices performed for 10–15 minutes to determine the best one for a desired physiological effect.

Yoga, limited to Asanas and Pranayama, is being adopted by modern / conventional medical practitioners as a complementary approach in the management of various diseases including cardiovascular disease. There is abundant evidence that it benefits all people. While Yoga is being popularised through efforts like the International Yoga Day, there is a need to integrate it systematically as part of protocols for the management of patients with cardiac disease.

7.3.3 LIFESTYLE

Lifestyle is the way we live. The Conference deliberated on three lifestyle practices: meditation, diet and lifestyle practices at the workplace. Discussions on lifestyle has become important because of Stress, especially chronic stress, which many speakers identified as the key reason driving patients for cardiac check-ups. The increase in chronic stress, especially amongst young people has many causes: Maternal Emotions, Compromised Early Life Nutrition and Nurture, Digital Addictions, Smoking and Alcohol, Disturbed Inter-Personal Relations at Home and Workplace, Inaccessible Health, and Global Threats (Wars, Pandemics, Economic Instability, Climate Change affecting livelihoods). Meditation was spoken of by several speakers as a tool to fight chronic stress. Lowers threat perception, and puts the mind at peace. Heartfulness Meditation and its benefits were specifically highlighted.

7.3.3.1 MEDITATION FOR WELL-BEING



Dr. Jayram Thimmapuram's presentation, "Heartfulness Practices for Well-being: A Synthesis of Emerging Evidence," explored the science - spirituality interface in promoting holistic wellness. He explained how emotions, processed through the thalamus and heart regions, influence cognition and behaviour, highlighting research showing that most emotions are felt in the chest area. Through the "SANE" model Sleep, Attitude, Nutrition, and Enriching activity he emphasized meditation's role in fostering emotional balance. EEG studies revealed that Heartfulness meditation induces rapid transitions from relaxed alpha to deep delta brain states, paralleling restorative sleep while maintaining conscious awareness, a state akin to Turiya in yogic science. Supporting studies demonstrated significant improvements in insomnia, physician well-being, and burnout reduction, alongside increased telomere length and emotional resilience. Dr. Jay underscored that Heartfulness enhances sleep quality, reduces loneliness, and strengthens self-connection, enabling deeper harmony with oneself and others, thereby integrating physiological rest, emotional regulation, and spiritual growth into a unified model of well-being.

He further discussed fMRI and glymphatic system findings, explaining how deep meditative states may facilitate brain “detoxification” similar to stage 3 sleep, supporting cognitive clarity and restoration. Hormonal analyses showed reductions in cortisol and increases in DHEAS levels, suggesting potential anti-stress and longevity benefits. Gene expression studies revealed modulation of inflammatory, anxiety-related, and neurotransmitter-associated pathways, indicating measurable molecular shifts following practice. A multinational study across 29 countries demonstrated that longer duration of meditation practice correlated with improved quality of life and coping capacity, with no apparent ceiling effect. Overall, he highlighted that while immediate state changes can occur within weeks, sustained practice cultivates deeper trait-level transformation in emotional stability, resilience, and well-being.



Dr. Rahul Mehrotra delivered a thought-provoking talk on “Stress, HRV, and Cardiac well-being”. He began by highlighting the limitations of conventional cardiology, which views the heart merely as a mechanical pump, and emphasized that cardiovascular disease, though the leading global killer, is largely preventable through behavioral and lifestyle changes rather than drugs or interventions. Questioning the inconsistencies in medical science from shifting definitions of hypertension



to evolving drug recommendations—he shared how his exploration led him to integrate spirituality and modern medicine. Citing both scientific works like *The Heart’s Code* and spiritual sources such as the *Bhagavad Gita* and *Yajur Veda*, Dr. Mehrotra argued that the heart is not only a biological organ but also a seat of consciousness connecting body, mind, and soul. He then explained Heart Rate Variability (HRV) as a subtle indicator of autonomic balance, stress resilience, and overall health, noting that higher HRV reflects greater adaptability. He discussed scientific validation of yoga and meditation practices—especially Heartfulness meditation—in improving HRV, citing global studies and his collaborative research with IIT Delhi that demonstrated measurable cardiac and emotional benefits. He concluded by emphasizing that the future of cardiac care lies in merging science and spirituality, where practices like meditation can harmonize the heart and mind to promote true well-being.



Dr. Mansee Thakur presented an inspiring talk on the “Impact of Heartfulness meditation on stress and anxiety among students”, linking it to SDG 3 (Good Health and Well-being). She began by explaining the rationale for studying youth, given India’s large young population and rising mental health concerns. Citing data from the National Mental Health Survey (NIMHANS, 2015-16) and post-COVID reports

showing a 25-40% rise in student stress and anxiety, she emphasized the urgent need for preventive mental health strategies. Her team at MGMIHS conducted a randomized controlled trial among 1,200 students (mean age 20), using Perceived Stress Scale, WHO Well-being Index, burnout inventories, and biomarkers such as cortisol, MDA, nitrate, and interleukins. Results revealed that 78% of students had moderate stress and 13% had high stress. After 12 weeks of Heartfulness meditation, participants showed significant reductions in stress, burnout, and inflammatory markers, with increased well-being and professional efficiency. A parallel study also found improved telomere length, suggesting benefits for cellular aging. She highlighted the study’s strengths—biomarker validation, high adherence, and cost-free scalability—along with limitations like small sample size and lack of long-term follow-up. Importantly, the initiative inspired the creation of Heartfulness Campus Science and Wellness Clubs, where trained students now act as youth ambassadors, spreading awareness across colleges and rural communities—impacting over 27,000 people in 1,032 villages. Dr. Thakur concluded that Heartfulness meditation is an evidence-based, low-cost, and culturally adaptable approach to enhancing youth mental health, calling for larger multi-centre studies and collaborative integrative research efforts.

7.3.3.2 DIETARY PRACTICES

The importance of a fibre rich diet for cardiovascular health is professionally researched and documented. Gut Dysbiosis and its affects on cardiovascular health continues to be studied. There was limited discussion on the role of diet in cardiovascular disease, with two presentations.



Dr Jagannath Dixit delivered an engaging and evidence-based session on “Lifestyle-Based Prevention of Obesity and Type 2 Diabetes”, centered on his renowned ‘Dixit Diet’ Plan. Introducing the concept of “Addiction Lifestyle”, he explained that the root cause of obesity and diabetes is hyperinsulinemia—excess insulin secretion triggered by frequent eating. Drawing on endocrinological principles, he clarified that insulin is a storage hormone that converts excess glucose not

only into glycogen but also into fat, making even high-carbohydrate diets (rice, chapati) contributors to obesity. Dr. Dixit emphasized reducing meal frequency as a scientifically backed and culturally rooted approach. His prescription: eat only two meals a day when genuinely hungry, finish eating within 55 minutes, avoid snacking between meals, reduce carbohydrates, increase protein, and engage in daily physical activity such as walking, cycling, or Surya Namaskar. He cited both ancient wisdom and modern research—Ayurveda, Vedic texts, and Nobel Prize-winning studies on autophagy—to show that fasting and mindful eating promote cellular repair and metabolic health. Concluding, Dr. Dixit appealed for collective responsibility in promoting a free, simple, evidence-based lifestyle aligned with India’s cultural and scientific ethos—one that empowers individuals to prevent and reverse metabolic diseases without dependence on medication or industry-driven interventions.

Dr. Trupti Kahirnar opened her session at IHW 2025 by emphasizing the need to look fundamentally at why and how diseases occur before discussing integration. Drawing from her experience in Ayurveda and sport nutrition and she explained that the rising burden of lifestyle disorders, limitations of conventional medicine, and Ayurveda’s personalized, detoxifying, lifestyle-based approach make an integrative model essential—especially when combined with precision-based modern nutrition. She described her six-pillar treatment model: improving organ and gut function through Ayurveda; enhancing mental health through Heartfulness meditation and pranayama; strengthening physical health through yoga and Surya Namaskar; and from modern nutrition, correcting nutrient deficiencies, eliminating harmful foods, and applying calorie-restricted diets. A key unifying axis across both systems is gut health, toxin and inflammation reduction, stress management, and emphasis on whole seasonal foods. This integrated approach—addressing diet, gut, mind, inflammation, and lifestyle simultaneously—leads to long-term, sustainable outcomes in diabetes and obesity management, demonstrating the powerful synergy between Ayurveda and modern nutrition.



Both the presentations highlight that Ayurveda has the means to address gut dysbiosis. This can be a useful complement to conventional / modern approaches to this challenge.

8. NEWER DEVELOPMENTS TO PROMOTE CARDIOVASCULAR HEALTH



Dr. Nand Kumar was introduced with an impressive background as a Professor of Psychiatry at AIIMS Delhi and the lead for the ICMR Center for Advanced Research in Neuromodulation for Mental Health. In his presentation Neuromodulation for Cardiovascular Health, he explained that although the term neuromodulation sounds new, humans practice natural neuromodulation every day because anything that alters neuronal activity—sound, color, light, environment—modulates the brain.

However, in medical science the term refers to specific mechanical or technological techniques used to stimulate or regulate neural circuits. He described the main neuromodulation techniques: Transcranial Magnetic Stimulation (TMS), direct current stimulation, vagus nerve stimulation (both via implanted devices and through natural stimulation like breathing or ear-lobe massage), deep brain stimulation, and even older methods like ECT. He added newer forms like magnetic seizure therapy, ultrasound stimulation, random noise stimulation, and optogenetics. Only a few are FDA- approved—mainly VNS, TMS (for depression, OCD, migraine), and DBS for select OCD cases.

He focused on TMS because it is widely used, non-invasive, painless, and clinically practical. TMS uses pulsating magnetic fields at different frequencies to either stimulate or inhibit specific brain regions, increasing or decreasing blood flow depending on the frequency. It is being explored for depression, OCD, migraine, tinnitus, stroke rehabilitation, cognitive impairment after stroke, traumatic brain injury, and schizophrenia, where AIIMS Delhi has some of the world's largest datasets.

Mr. Kumar Bagrodia introduced his key provocation: despite years of searching, he has never found anyone who is truly “consciously living,” meaning fully aware of and in control of automatic bodily processes like digestion or thermoregulation. Using this as a foundation, he explained that the brain is essentially a decision-making machine, yet almost none of our decisions are purely logical or rational, even though economics and market theories assume rational behavior. He illustrated this through



examples from high-stakes investors who cannot escape fear and greed, reflected even in tools like the “Greed vs. Fear Index.” He emphasized that 95–99% of human behavior is driven by

subconscious brain patterns, not conscious awareness. To show how limited conscious processing is, he pointed out that consciousness can handle only 10–50 bits of information per second while the brain receives around 11 million bits per second—meaning almost everything we perceive is processed subconsciously. He used the example of braking a car when suddenly seeing a buffalo: no one performs each motor action consciously; the brain’s patterns act automatically. Kumar argued that we now live in a “cognitive overload society,” unlike earlier generations who lived with less sensory overload. Today’s environments—filled with colors, screens, messages, notifications, and visual stimuli—bombard the brain with far more subtle information than ever before. Because of this, ancient methods of self-regulation, though valuable, are no longer sufficient on their own. His work in neuroscience and brain-mapping aims to understand these subconscious patterns so we can better navigate modern cognitive demands and enhance mental health and performance.

9. RESEARCHING IN THE FIELD OF INTEGRATIVE HEALTH

*A summary of a Pre-Conference Session on “Research Methodologies in Complementary and Integrative Health” conducted by **Prof. Judith Deutsch** is presented here.*



The presentation provided an overview of contemporary research approaches used in complementary and integrative health (CIH), with a strong emphasis on whole person and whole system perspectives. It began by distinguishing integrative medicine from integrative health, highlighting integrative health as a comprehensive concept that addresses physical, psychological, social, and spiritual dimensions of well-being.

The session outlined key learning objectives, including understanding translational research, differentiating between mechanistic, applied, population, efficacy, and pragmatic studies, appreciating the role of mixed methods, and recognizing the importance of implementation science in translating evidence into real-world practice. Audience participation was used throughout to explore definitions, challenges, and practical considerations in CIH research.

A central framework discussed was the NCCIH (National Centre for Complementary and Integrative Health) Research Framework, which traces research from preclinical and mechanistic studies, through translational and efficacy trials, to comparative effectiveness, cost-effectiveness, and pragmatic trials, and finally to dissemination and implementation research. The presentation emphasized challenges unique to integrative health research, such as standardization of complex interventions, defining appropriate controls, replication, adherence, and measuring multidimensional outcomes.

Several examples from meditation and yoga research were presented to illustrate these methodologies, including mechanistic studies using EEG markers, randomized controlled trials, sham controls, dose-matched designs, and real-world implementation strategies. Heartfulness meditation is used as a detailed case example to demonstrate the need for clear operational definitions of interventions, including components, delivery, duration, practitioner role, and contextual factors such as yogic transmission.

The presentation also introduced implementation and dissemination science, including frameworks such as RE-AIM, to evaluate reach, effectiveness, adoption, implementation, and maintenance of integrative interventions at a population level.

In conclusion, the presentation underscored that advancing complementary and integrative health requires methodologically rigorous, mixed-method, and systems-oriented research that bridges biological mechanisms, lived experience, clinical effectiveness, and real-world application—ultimately supporting the translation of whole person health evidence into practice and policy.

10. KEY OUTCOMES AND RECOMMENDATIONS FOR POLICY, PROGRAMME AND PRACTICE



The Policy Plenary Session examined integrative approaches to public health from institutional, research, and systems-level perspectives. The session brought together discussions on workplace-based preventive strategies, methodological frameworks for validation of traditional medicine interventions, and structural considerations for integration within public health systems. The deliberations focused on operationalization, measurement, and scalability within existing governance and healthcare structures.

Dr Judith Deutsch addressed workplace wellness as a structured public health strategy. Her presentation contextualized workplace settings within the growing burden of non-communicable diseases (NCDs), mental health disorders, and stress-related conditions among working-age populations. She emphasized that workplaces represent organized, high-reach environments where preventive health interventions can be embedded into daily routines. Rather than approaching wellness as an isolated employee benefit, she described it as a population-level intervention capable of influencing behavioral, psychosocial, and environmental determinants of health.

The presentation underscored the necessity of a clearly defined conceptual framework for workplace wellness. Multidimensional models incorporating physical health, psychological well-being, social connectedness, and organizational culture were discussed as essential for structured programme design. Dr. Judith highlighted that without defined constructs and measurable indicators, wellness initiatives cannot be evaluated or sustained. She further emphasized that psychosocial determinants—including workload pressures, job insecurity, leadership practices, and organizational climate—are significantly associated with cardiovascular risk, metabolic disorders, and mental health outcomes. Consequently, effective workplace wellness programmes must address organizational systems in addition to individual-level behavior change. The importance of baseline assessments, validated stress and well-being measures, and iterative programme evaluation was emphasized. Implementation research was identified as critical to determine effectiveness across diverse occupational settings and to guide scalability within policy frameworks.

Dr. Subarna Roy presented a methodological overview of evidence synthesis and validation pathways in traditional medicine and integrative health. Drawing from institutional research experience, he described a structured validation cycle grounded in principles of reverse pharmacology. This approach begins with systematic documentation of traditional use in community or clinical settings, followed by clarification of disease entities and therapeutic indications. Subsequent stages include pharmacognostic authentication of plant materials, phytochemical profiling, safety assessment, and increasingly, bioinformatics-supported molecular studies. Promising candidates then progress to in vitro investigations, preclinical evaluation, and clinical studies, including randomized controlled trials where feasible.

Dr. Roy emphasized that such validation frameworks are iterative and require interdisciplinary collaboration among traditional medicine practitioners, biomedical clinicians, pharmacologists, public health researchers, and bioinformatics specialists. The need for standardization of formulations and protocols was highlighted, particularly given variability in plant-derived products and differences in implementation of non-pharmacological interventions. Ongoing research priorities include multicentric clinical trials, systematic reviews, meta-analyses, and structured assessment of herb–drug interactions. The presentation underscored that integration within public health systems must be supported by rigorous safety evaluation, reproducibility, and methodological transparency.

Dr. Vishwajeet Kumar examined structural considerations for integration within public health policy and programme implementation. He described three interrelated forms of fragmentation that challenge integrative approaches: epistemological, institutional, and evidentiary. Epistemological fragmentation refers to hierarchical positioning of biomedical knowledge relative to traditional systems, which may limit cross-disciplinary engagement. Institutional fragmentation includes separate governance mechanisms, training structures, and service delivery channels that operate in parallel rather than in coordinated frameworks. Evidence fragmentation arises from the predominance of tertiary-care research settings, with comparatively limited community-level effectiveness and implementation research.

The presentation noted that pluralistic health-seeking behavior is common at the community level, with individuals often combining biomedical and traditional practices. Public health policy, therefore, must account for existing patterns of care utilization and develop structured pathways rather than treating systems as mutually exclusive. Dr. Kumar emphasized the need to operationalize integrative models within primary healthcare platforms, particularly in preventive and promotive domains aligned with national NCD strategies. Strengthening workforce capacity, expanding implementation research, and improving intersectoral coordination were identified as necessary components for scalable integration. He further noted that funding allocation influences evidence generation and that balanced research investment is required to support interdisciplinary models.

Across the session, several cross-cutting themes emerged. All speakers emphasized the importance of clearly defined frameworks, measurable outcomes, and structured evaluation mechanisms. Prevention and health promotion were identified as foundational entry points for integration, particularly within workplace settings and primary healthcare systems. The role of

implementation science in bridging efficacy evidence and real-world effectiveness was repeatedly highlighted. Interdisciplinary collaboration and institutional alignment were recognized as prerequisites for sustained integration.

In the concluding remarks, **Dr Krishnamurthy Jayanna** synthesized the discussion by highlighting convergence across the three presentations. It was noted that integration must be operational rather than conceptual, requiring clearly articulated frameworks, defined outcome measures, and governance alignment. The moderator emphasized that preventive domains—such as workplace wellness and NCD risk reduction—may serve as feasible entry points for structured integration.

The importance of implementation research was reiterated, particularly to bridge the gap between efficacy evidence and large-scale programme delivery. The moderator also underscored the need for sustained interdisciplinary dialogue platforms to address epistemological and institutional fragmentation. Strengthening primary healthcare systems as integration hubs was identified as a pragmatic strategy for translating policy intent into service delivery.

The session concluded with agreement that integrative public health approaches require methodological rigor, systems-level planning, and coordinated institutional engagement to ensure scalability and sustainability.



11. PRE-CONFERENCE SESSIONS

Pre Conference Sessions were organized on the 10th of October. There were two types of Sessions, Technical and Experiential. Technical Sessions were designed to brief the delegates on themes focusing on the Conference Theme of Integrative Health, especially cardiovascular health; and the Experiential Sessions involved introducing the delegates to select practices which complement the core Heartfulness Practices.

A. TECHNICAL SESSIONS

▶ 9:00AM - 10:30AM

Dr. Krishnamurthy Jayanna, Dr. Navaneeth, Shri Kamalakkannan

Introduction to Integrative Health, Offerings of Wellness by Heartfulness

The Session

The Session included a presentation of the principles, practice and policy related to integrative health by Dr Krishnamurthy Jayanna followed by offerings and services at Wellness by Heartfulness by Shri Kamalakkannan and Dr Navaneeth.



▶ 10:30 am - 12:00 Noon

Prof. Judith Deutsch

Research Methodologies in Complementary and Integrative Health

Moderator: Prof. Margaret Schenkman

The Session

Participants learnt about approaches to research that address mechanistic, applied and population health questions. Sound research methodology was discussed based on the goal of the research. The barriers to researching integrative therapies and suggested approaches to overcome barriers was presented. Specific challenges encountered in integrative health research such as defining the practice, the role of placebo, whole person and whole system research was discussed. Implementation science, including a few key frameworks, were presented to address incorporating research findings into practice. Finally, a process to establish a research agenda, adapted from those conducted in other countries, was proposed.



▶ 12:00 - 1:30 PM

Dr. Murthy Gokula

Evidence-Based Integrative Heart Disease Reversal Program

Moderator: Prof. Meenu Tewari

The Session

Evidence from randomized controlled trials, meta-analyses & demonstration programs were presented to overwhelmingly support that a comprehensive lifestyle approach—focused on plant-predominant diets, yoga and mind-body practices, structured exercise, advanced risk monitoring, and behavioral/micro-habit support—can halt, stabilize, or even reverse atherosclerosis, often outperforming medication alone and improving overall quality of life. Demonstrations included preparation for a healthy and nutritious plant-based diet.



▶ 2:00 PM - 3:30 PM

Dr. Snehal Deshpande, Ms. Divya Thota and Dr. Sharath Reddy

The Heart-Brain-Body Connection: A Holistic Toolkit for Cardiovascular Care

Moderator: Prof. Meenu Tewari

The Session

This interactive session presented a holistic model of heart care, weaving together medical insights, movement, nutrition, and meditation. Experts explored how physical activity, emotional well-being, and conscious eating work alongside preventive cardiology to support heart health, highlighting the connection between body and mind. The panel brought together diverse perspectives for a well-rounded and comprehensive approach to heart health.



▶ 2:00PM - 3:30 PM

Ms. Ekta Boudierlique

The Science and Practice of Energy Therapy: A Path Towards Integrative Health

Moderator: Dr. Hester O'Connor

The Session

The session introduced participants to the emerging field of energy-based therapies and their relevance within integrative health care. Through theoretical insights, firsthand experiential practices, and case studies from the Kanha Wellness Centre, participants explored how subtle energy-based therapeutic modalities can complement traditional medical and wellness systems. The presentation focused on their potential to support emotional balance, physical relaxation, and overall vitality. Special emphasis was given to applications in cardiovascular and nervous system health, supported by modern diagnostic tools such as bio-well, thermal imaging and *Nadi Tarangini*.



▶ 3:30 PM - 5:00 PM

Dr. Veena Nambiar

The Role of Physiotherapy in Cardiac Rehabilitation: Optimizing Recovery and Function

Moderator: Dr. Poorvi Shah

The Session

The workshop focused on the critical role of exercise and movement in cardiac rehabilitation. Doctors and healthcare workers gained insights into how structured, supervised exercise programs, tailored by physiotherapists, help patients recover safely and effectively after cardiac events or surgeries. The session highlighted the aspects of exercise prescription, patient monitoring, and progression, with emphasis on safety and multidisciplinary collaboration. Participants also explored real-world examples of how physiotherapy interventions improve patient outcomes, reduce complications, and support long-term lifestyle change. Designed to bridge knowledge between physiotherapists and other healthcare professionals, the workshop emphasized that movement is medicine and physiotherapy is central to the success of cardiac rehabilitation programs.



▶ 3:30 PM - 5:00 PM

Dr. Vivek Sharma, Dr. Vandana, Dr. Shyam and Dr. Vishnu

Autonomic Functions and their Clinical Applications

Moderator: Mr. Shashikant Nayak

The Session

Participants examined a list of autonomic function tests and heart rate variability tests conducted in clinical settings. Specific elaboration was done on the relevance of sympathetic and parasympathetic function tests for cardiovascular patients, the preemptive role of autonomic function testing, and clinical applications in various patient groups.



B. EXPERIENTIAL SESSIONS

▶ Heartfulness Polarity

Ms. Kripa and Ms. Harini

Rev. Daaji desired that all delegates experience a polarity session. Thus, there were multiple sessions over two days, including an evening where children of the Heartfulness Learning Centre worked as Heartfulness Polarity givers.



▶ Yoga and the Heart

Dr. Veronique Nicolai

The Session

This workshop, led by Dr. Veronique Nicolai, provided a comprehensive exploration of how *yoga* can be used to improve and maintain cardiovascular health. The gap between ancient *yogic* wisdom and modern medical science, the physiological mechanisms through which *yoga* practices positively influence the heart and circulatory system was presented. The presentation covered key *yogic* principles and practical techniques, including specific *asanas* and *pranayama* that improve the cardio circulatory system. Participants left with a clear understanding of the 'why.'



12. REFLECTIONS AND NEXT STEPS

Heartfulness Institute will continue to organize the Integrative Health and Wellness Conferences on a bi-annual basis. The Themes of the Conferences will be planned in discussion with Partners. It is envisaged that the number of Partners will be expanded, so that, together, the health and wellness programmes can be influenced to implement integrative approaches.

Kanha Shanti Vanam will continue to be the venue, for it plans to be a demonstration site for Integrative Health and Wellness; and it provides an ambience and platform for continued discussion and experience of contemplative practices.

The immediate next steps following this Conference are proposed as follows:

- 1.Thoughts and Experience presented will be published as a series of papers in peer reviewed journals,
- 2.Researchers who presented their work as Oral / Poster Presentations will be encouraged to also publish in peer reviewed journals. Necessary technical support will be provided to a select few whose papers showed potential.
- 3.A Policy Brief will be developed, to continue the ongoing dialogue with the policy makers and programmers within the Government of India.

Intermediate steps are proposed to be as follows:

- 1.Heartfulness Institute will engage with the Partners for this Conference to organize round table discussions to plan for continued research on specific subjects, and to present integrative approaches for possible pilots or scale up in existing health and wellness programmes.
- 2.Institutions who participated in this Conference will be engaged with to continue their research in integrative health.
- 3.In partnership with select Speakers who participated in this Conference, a training programme on Research Methodologies will be organized, to assist Institutions in planning and conducting research which will generate further evidence on Integrative Health.
- 4.A well curated course on Integrative Health will be organized for Health Practitioners in Heartfulness. They shall be made aware of the Heartfulness Wellness Centre offerings and also trained to practice and scale up similar approaches in their own clinical practices. This programme will also include sessions on preventing physician burnout.

Over the long term, Heartfulness Institute will initiate a sustained engagement with National and State Level Health and Wellness Institutions and Initiatives to promote an incremental approach to Integrative Health and Wellness. Evidence on Integrative Health and Wellness will be published as Policy Papers to be presented to the concerned State and National Level Government Bodies. Heartfulness Institute will also continue participating in forums promoted by National / International Agencies promoting Integrative Health.

13. ACKNOWLEDGEMENTS

The Organizing Committee – led by the Heartfulness Research & Wellness Team - conveys its deepest appreciation and sincere gratitude to all individuals and organizations whose invaluable contributions and support were instrumental in the successful organization of this International Conference.

A grateful acknowledgement of our **esteemed sponsors and partners** - AYUSH Ministry, ICMR-NITM, M/s Gufic Biosciences Ltd, M/s Panacea Biotech, M/s United Biotech, The Bajaj Group - for their generous support and unwavering confidence in the vision and objectives of the conference. A special thanks to Medicover Hospitals which sponsored 30+ leading cardiologists to participate in the Conference as distinguished expert-panelists. Their commitment and collaboration were vital in enabling this global platform for knowledge exchange and cooperation.

We extend our heartfelt thanks to our **dedicated volunteers**, who worked with exceptional commitment, professionalism, and enthusiasm. Their tireless efforts before and during the conference ensured the smooth conduct of all sessions, technical arrangements, and participant services.

Our profound gratitude is recorded for the **Advisory Board and Scientific Committees**, whose vision, leadership, meticulous planning, and coordinated efforts over many months culminated in the successful delivery of this prestigious event.

We sincerely acknowledge our **media partners** for their continued support in promoting the conference worldwide and facilitating the dissemination of its key discussions and outcomes to the international academic and professional community.

We thank the **Leadership and Management team of Kanha Shanti Vanam** that supported various aspects of conference such as facility management (conference halls and workshops), AV/IT, Hospitality, Transport, Finance, Food and Accommodation, etc.

We also express our sincere appreciation to all **distinguished speakers, session chairs, delegates and participants from different countries**, whose active participation, scholarly contributions, and meaningful interactions greatly enriched the scientific and professional discourse of the conference.

The Organizing Committee once again extends its warmest thanks to all who contributed to the success of this International Conference and looks forward to continued collaboration and partnerships in the future.

ANNEXURES

ANNEXURE A: PARTICIPANT SNAPSHOT

The 3rd International Conference on Integrative Health and Wellbeing (IHW 2025) witnessed remarkable participation from a wide spectrum of stakeholders across the healthcare and wellness ecosystem. The event served as a vibrant platform for dialogue, collaboration, and knowledge exchange among experts, institutions, and individuals committed to advancing integrative approaches to health and wellbeing.

Total Attendance & Global Outreach

Over 800 participants, including 700 in-person attendees and 100 virtual delegates, representing 25+ Institutions from India and abroad.

The Curtain Raiser and the Inaugural Session were telecast live, reaching more than 12,000 viewers worldwide.

Institutional Representation

Government Institutions included

- The Government of India's Ministry of AYUSH
- Indian Council of Medical Research - National Institute for Traditional Medicine, the National Institute of Nutrition
- Institute of Training and Research in Ayurveda, All India Institute of Ayurveda
- AIIMS, New Delhi and AIIMS institutions from Mangalgiri, Bibinagar, Rajkot, Madurai
- Morarji Desai National Institute of Yoga
- Ramaiah University of Applied Sciences, Bangalore,
- Alliance University, Bangalore
- Center for Integrative Health and Wellbeing (CIHW) Bangalore.
- JIPMER Institute of Health Sciences
- Banaras Hindu University
- Leading Ayurveda Colleges in Hyderabad, Jaipur and Bengaluru.

Other Institutions included the Medcover Hospital, MGM Medical College and Hospital, Ram Chandra Institute of Paramedical and Management Sciences, DY Patil Medical College and Hospital, Heartfulness Research Centre, SVYASA and Ramachandra Medical College.

ANNEXURE B: CLINICAL AND SCIENTIFIC EVIDENCE FOR HEARTFULNESS MEDITATION

SECTION 1 – Mental Health, Stress, Burnout, Emotional Well-Being

Self-Care Program reduces anxiety and loneliness — Iyer P, JMIR Form Res, 2024 *A Heartfulness-integrated program reduced anxiety and loneliness while improving life satisfaction.*
<https://pubmed.ncbi.nlm.nih.gov/39047180/>

Corporate Employee Well-Being — Radheshyam A, Health Sci Rep, 2024 *Meditation improved wellness and reduced stress burden among corporate employees.*
<https://pubmed.ncbi.nlm.nih.gov/38974327/>

Heartfulness vs Gratitude Practice — Desai K, PLoS One, 2024 *Heartfulness demonstrated greater improvement in well-being over gratitude practices.*
<https://pubmed.ncbi.nlm.nih.gov/38848338/>

Female Student Stress & Well-Being — Gupta PK, Front Psychiatry, 2023 *Heartfulness reduced stress and improved satisfaction with life among female students.*
<https://pubmed.ncbi.nlm.nih.gov/38025468/>

Loneliness Reduction in High Schoolers — Iyer RB, Appl Psychol Health Well Being, 2023 *SEL-based Heartfulness program decreased loneliness and improved resilience.*
<https://pubmed.ncbi.nlm.nih.gov/35384302/>

Burnout & Satisfaction Among Accountants — Gupta PK, Glob Adv Health Med, 2022 *Heartfulness increased work satisfaction and reduced burnout risk.*
<https://pubmed.ncbi.nlm.nih.gov/36505903/>

Burnout Reduction in Physicians — Thimmapuram JR, Glob Adv Health Med, 2019 *Training improved emotional wellness and work-life balance in healthcare professionals.*
<https://pubmed.ncbi.nlm.nih.gov/30733893/>

Burnout & Telomere Preservation — Thimmapuram J, J Comm Hosp Intern Med, 2017 *Heartfulness showed reduced burnout with supporting evidence for telomere preservation.*
<https://pubmed.ncbi.nlm.nih.gov/28634520/>

SECTION 2 – Sleep & Circadian Health

Sleep Patterns of Resident Physicians — Thimmapuram J, Ann Neurosci, 2021 *Meditation improved physician sleep quality and reduced disturbances.*
<https://pubmed.ncbi.nlm.nih.gov/34733054/>

Heartfulness Improves Chronic Insomnia — Thimmapuram J, J Comm Hosp Intern Med, 2020 *Heartfulness reduced insomnia symptoms and improved sleep quality.*
<https://pubmed.ncbi.nlm.nih.gov/32128052/>

Heartfulness Training for Healthcare Workers — Kumar D, J Family Med Prim Care, 2024 *Healthcare workers saw improvement in stress and sleep scores.* <https://pubmed.ncbi.nlm.nih.gov/38948578/>

Post-COVID Sleep & Inflammation — Subramanian SK, Int J Yoga, 2022 *Intervention improved sleep and reduced inflammation post COVID treatment.* <https://pubmed.ncbi.nlm.nih.gov/36949840/>

SECTION 3 — Biomarkers, Gene Expression, Telomeres & Endocrine System

Neuroendocrine Hormone Regulation — Philip ST, Medicine, 2025 *Meditation altered stress-related hormone profiles.* <https://pubmed.ncbi.nlm.nih.gov/41305815/>

Stress Biomarkers & Well-Being — Thakur M, Stress Health, 2025 *Heartfulness reduced biomarkers associated with stress and burnout.*

Oxidative Stress & Mindfulness — Patil Y, Cureus, 2024 *Heartfulness reduced oxidative stress and improved mindfulness scores.* <https://pubmed.ncbi.nlm.nih.gov/39044890/>

Gene Expression Regulation (Web-Based) — Thimmapuram J, JMIR, 2024 *Online Heartfulness modulated stress-related gene expression.* <https://pubmed.ncbi.nlm.nih.gov/39680432/>

Telomere Preservation — Thakur M, Front Psychol, 2023 *Shows potential effects toward telomere preservation.* <https://pubmed.ncbi.nlm.nih.gov/37342644/>

SECTION 4 — Clinical Specialty Applications

Hypertension Control — Thakur MK, Glob Adv Integr Med Health, 2025 *Heartfulness and yoga reduced blood pressure.*

Recurrent Aphthous Ulcers — Yadav M, Dent Med Probl, 2025 *Heartfulness lowered pain and frequency of aphthous ulcers.*

Cyclic Vomiting Syndrome — Endocannabinoid — Venkatesan T, Clin Transl Gastroentero, 2024 *App-based Heartfulness improved psychological outcomes in CVS.* <https://pubmed.ncbi.nlm.nih.gov/38713142/>

Cyclic Vomiting Syndrome — Integrative Model — Venkatesan T, Neurogastroenterol Motil, 2021 *Integrative model improved outcomes in CVS patients.* <https://pubmed.ncbi.nlm.nih.gov/33774892/>

Third Molar Surgery — Anxiety/Pain — Gurram P, J Oral Maxillofac Surg, 2021 *Meditation reduced anxiety and pain perception pre-surgery.* <https://pubmed.ncbi.nlm.nih.gov/34097862/>

Infertility — Case Series — Deshpande S, J Ayurveda Integr Med, 2023 *Case series showed improvement in infertility-associated stress.* <https://pubmed.ncbi.nlm.nih.gov/37797350/>

SECTION 5 — Brain, EEG, Attention & Neuroelectric Changes

Frontal EEG Oscillations & Impulsivity — Krishna D, Altern Ther Health Med, 2025 *Heartfulness meditators demonstrated reduced impulsivity markers.*

Heart-Brain Synchronization — Anurag S, Int J Yoga, 2023 *Heartfulness synchronized nonlinear heart-brain rhythms.* <https://pubmed.ncbi.nlm.nih.gov/38204769/>

Machine Learning Brain Classification — Shrivastava A, Cureus, 2023 *ML identified distinctive prefrontal activation patterns.* <https://pubmed.ncbi.nlm.nih.gov/36938168/>

EEG Oscillation Modulation — Krishna D, Int J Yoga, 2022 *Heartfulness altered EEG oscillations linked to cognition.* <https://pubmed.ncbi.nlm.nih.gov/36949832/>

Attention & Affect Improvements — Telles S, Adv Mind Body Med, 2023 *Practice improved attention and emotional state.* <https://pubmed.ncbi.nlm.nih.gov/38466050/>

Cognition & Well-Being — Sankar Sylapan B, Conscious Cogn, 2020 *Heartfulness enhanced cognitive performance and well-being.* <https://pubmed.ncbi.nlm.nih.gov/33096504/>

SECTION 6 — Education & SEL


Middle School Elective — Iyer RB, Am J Health Behav, 2019 *Heartfulness improved student emotional engagement.* <https://pubmed.ncbi.nlm.nih.gov/31239023/>

SEL Program Feasibility — Shinde S, Indian J Psychiatry, 2022 *Program demonstrated feasibility and acceptability.* <https://pubmed.ncbi.nlm.nih.gov/36458088/>

SECTION 7 — Digital & App Delivered Programs

HeartBot App — Iyer L, JMIR Form Res, 2021 *App-based Heartfulness improved stress and emotional well-being.* <https://pubmed.ncbi.nlm.nih.gov/33455902/>

Virtual Heartfulness Program — Desai K, IJERPH, 2021 *Virtual Heartfulness improved stress, sleep, and well-being.* <https://pubmed.ncbi.nlm.nih.gov/34769634/>



**ANNEXURE C:
ORAL PRESENTATIONS**

1. Heartfulness Meditation and Heart Rate Variability: A Mixed Philosophical and Physiological Perspective

Mridula Ranganath Rathod, Heartfulness Research Centre, University of Mysuru

Rajeshwari Hegde, BMS College of Engineering, Bengaluru

Santosh R Deai, BMS College of Engineering, Bengaluru

Presenter: Mridula Ranganath Rathod

Contact email: rathodmridula@gmail.com;

2. Effect of Heartfulness Meditation Practices on Endothelial Function and Inflammation in Patients with Coronary Artery Disease

Vijaya Chandra Reddy Konda, Sri Venkateswara Institute of Medical Sciences, Tirupati, Andhra Pradesh

Pavan Kumar G Kale, Sri Venkateswara Institute of Medical Sciences, Tirupati, Andhra Pradesh

Kiranmayi V.S, Sri Venkateswara Institute of Medical Sciences, Tirupati, Andhra Pradesh

Vanajakshamma Velam, Sri Venkateswara Institute of Medical Sciences, Tirupati, Andhra Pradesh

Presenter: Vijay Chandra Reddy Konda

Contact email: vanajavelam1966@gmail.com;

3. Heartfulness-Based Yoga Intervention Downregulates NF- κ B and Pro-inflammatory Cytokines in Hypertension: A Randomized Controlled Study

Pooja S. Singh, MGM School of Biomedical Sciences, Mumbai

Veronique Nicolai, Yoga Academy, Heartfulness Institute

Mitesh Thakker, MGM Medical College, Mumbai

Mangesh Pandey, Centre for Open and Distance Education, Bengaluru

Vidhya S. Vijaya, Heartfulness Institute

Mansee K. Thakur, MGM School of Biomedical Sciences, Mumbai

Presenter: Pooja S. Singh

Contact email: pooja.sing0107@gmail.com;

4. A Randomized Controlled Trial of Heartfulness Meditation: Effects on Oxytocin, Endorphin and Cortisol Levels

Sanjana T. Phillip, MGM School of Biomedical Sciences, Mumbai

Jayaram Thimmapuram, Well Span Hospital, York Hospital, PA

Kapil Thakur, MGM School of Biomedical Sciences, Mumbai

Navami Pal, MGM School of Biomedical Sciences, Mumbai

Samruddhi Surve, DY Patil University, Mumbai

Mansee Thakur, MGM School of Biomedical Sciences, Mumbai

Presenter: Sanjana T Philip

Contact email: sanjanaphillips@mgmsbsnm.edu.in;

5. Revisiting Vyayama Matra in the Context of Sudden Cardiac Arrest among Gym-goers and Sportspersons: An Ayurvedic Perspective

Punit Chaturvedi, National Institute of Ayurveda, Jaipur

Presenter: Punit Chaturvedi

Contact email: punit.sv@nia.edu.in;

6. Evaluation of the Antihyperlipidemic Potential of *Hridayarnava Rasa*, an Ayurvedic Herbo-Metalo-Mineral Formulation, in Charles Foster Albino Rats

Dilip Kumar Prajapati, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Swapnil Chaudhury, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Dilip Kumar Prajapati

Contact email: vddilip2315@itra.edu.in;

7. Yoga-Based Modulation of Cognition and Gut Microbiota in Alzheimer's Disease: A 12-Week Interventional Study

Prabhakar Tiwari, All India Institute for Medical Sciences, Delhi

Anu Gupta, All India Institute for Medical Sciences, Delhi

Meenakshi Kaushik, All India Institute for Medical Sciences, Delhi

Rekha Dwivedi, All India Institute for Medical Sciences, Delhi

Manjari Tripathi, All India Institute for Medical Sciences, Delhi

Rima Dada, All India Institute for Medical Sciences, Delhi

Presenter: Prabhakar Tiwari

Contact email: prabhakt@gmail.com;

8. Meta-analysis of *Shirodhara* in Stress Management, Cardiac Disorders, and Associated Issues

Neha Tank Modha, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Neha Tank

Contact email: neha@itra.edu.in;

9. *Terminalia Arjuna* – A Cardioprotective Ayurveda Herb: A Systematic Review.

Shivani Ratanghayra, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Kalpesh Panara, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Bhupesh Patel, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Shivani Ratanghayra

Contact email: shivaniatanghayra@gmail.com;

10. Menstrual Abnormalities (Aṣṭārtavaduṣṭi) and Cardiovascular Risk: Ayurvedic Perspective on Prevention and Management

Hetal Baraiya, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Hetal Baraiya

Contact email: hpbaria@itra.edu.in;

11. Wellness Training for Healthcare Professionals: A Strategic Approach to Mitigating Burnout and Enhancing Resilience

B R Shamanna, University of Hyderabad

Suresh Gadapati, University of Hyderabad

Presenter: Suresh Gadapati

Contact email: sureshgadapati@gmail.com;

12. Prevention of Heart Disease in Obese Polycystic Ovarian Disease - An integrative approach of Ayurveda, Yoga and Meditation

Sipika Swati, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Sipika Swati

Contact email: drsipika@itra.edu.in;

13. Om Chanting and Yoga Nidra as Complementary Interventions for Hypertension: Clinical and Psychophysiological Outcomes

Dr. Anjana K, PMS college of Dental Science and Research, Vattappara, Thiruvananthapuram

Dr. Mukkadan Joseph, PMS college of Dental Science and Research, Vattappara, Thiruvananthapuram

Presenter: Dr Anjana K

Contact email: dr.anjana.k@gmail.com;

14. Synergistic Effects of Vestibular Stimulation, Nutraceuticals, Yoga, and Music: A Unified Mind - Body Approach to Cognitive and Cardiac Health

Dr. Devi N. P, Rajagiri College of Social Sciences (Autonomous), Kalamassery

Presenter: Dr Devi, NP

Contact email: devinp@rajagiri.edu;

15. Exploring the Relationship Between Spiritual Intelligence and Resilience among middle-aged Adults: A Pilot Study

Meera C V, Alliance University, Bengaluru

Mansi Kumbhkar, Alliance University, Bengaluru

Jeevitha Gowda R., Alliance University, Bengaluru

Presenter: Meera CV

Contact email: cvmeera08@gmail.com;

16. Heartfulness Meditation: Impact on Heart Rate Variability and Perceived Stress

Vishnu Lal C M, Rohilkhand Medical College & Hospital, Bareilly

Vivek Kumar Sharma, All India Institute of Medical Sciences, Rajkot

Basanta Manjari Naik, JIPMER, Puducherry

H Nandeesha, JIPMER, Puducherry

Hari Chandrakumar K T, JIPMER, Puducherry

Presenter: Vishnu Lal

Contact email: chirackalvishnu@gmail.com;

17. Heartfulness Meditation and Integrative Wellbeing: A Scoping Review of Clinical and Experimental Evidence (2000–2025)

Sujith Kumar, Sri Venkateswara Institute of Medical Sciences, Tirupati

G Visweswara Rao, Sri Venkateswara Institute of Medical Sciences, Tirupati

Presenter: Sujith Kumar

Contact email: doctorsujith@gmail.com;

18. Decoding Anxiety Relief through Heartfulness Meditation: Molecular and Psychological Perspectives: A Randomised control trial

Yogesh Patil, MGM School of Biomedical Sciences, Mumbai
Shubhangi Dere, MGM School of Biomedical Sciences, Mumbai
Shamshad Ather, MGM School of Biomedical Sciences, Mumbai
Mansee Thakur, MGM School of Biomedical Sciences, Mumbai

19. A Critical Appraisal on Inputs of Ayurveda Science for Wellbeing of Gen Z

Apexa Vyas, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Apexa Vyas

Contact email: apexa_vyas@itra.edu.in;

20. In Silico and Network Pharmacology analysis of *Inula racemosa* (Pushkarmoola) as a source of Coronary Artery Disease (CAD) Therapeutic Leads

Shikha, Institute of Teaching & Research in *Ayurveda*, Jamnagar
Kalpesh Panara, Institute of Teaching & Research in *Ayurveda*, Jamnagar

Presenter: Shikha

Contact email: dr.shikha264@gmail.com;

21. Congenital Heart Defect Prevention: An Ayurvedic Perspective

Sagar Bhide, Institute of Teaching & Research in *Ayurveda*, Jamnagar

Presenter: Sagar Bhide

Contact email: sgrbhide@itra.edu.in;

22. Integrative Management of *Hridroga* (Coronary Artery Disease) with *Ayurveda*: A Case Report

Shubhangi Kamble, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Shubhangi Kamble

Contact email: shubhangikamble@itra.edu.in;

23. Integrative Role of Ayurveda in Cardiac Health and Psychological Wellbeing: A Case Study

Swati Khandale, Institute of Teaching & Research in *Ayurveda*, Jamnagar

Presenter: Swati Khandale

Contact email: drswatik@itra.edu.in;

24. Decoding 'Vedic Jyotish' as a Tool in Management of *Mano-Swasthya* & Holistic Health
Sanjay Sharma, Indian Council of Astrological Sciences

Presenter: Sanjay Sharma

Contact email: astrojyotish@gmail.com;

ANNEXURE D: POSTER PRESENTATIONS

1. *Intermittent fasting and heart health: A survey based study*

Puneet Chaturvedi, National Institute of *Ayurveda*, Jaipur

Presenter: Punit Chaturvedi

Contact email: punit.sv@nia.edu.in;

2. *A cross-sectional study on the functional abilities and nutritional state of the elderly*

Madiha Tabraiz Kohati, MGM School of Biomedical Sciences, Mumbai

Priyanka Pareek, MGM School of Biomedical Sciences, Mumbai

Rishika Nagdev, MGM School of Biomedical Sciences, Mumbai

Presenter: Madhika Tabraiz Kohati

Contact email: madihakohati335@gmail.com;

3. *NIA protocol for mental wellbeing of pregnant women*

Bharathi Kumaramangalam, National Institute of *Ayurveda*

Presenter: Bharathi Kumaramangalam

Contact email: baruhunt@gmail.com;

4. *Lessons for Public Policy and Programmes from Emerging Evidence on Lifestyle Disorder Interventions and the Importance of Consistent Healthy Habits*

Ashok Kapatkar, Kanha Shantivanam, Telangana

Presenter: Ashok Kapatkar

Contact email: healthprogresscoach@gmail.com;

5. *Perceptions of AYUSH-Based Stress-Management Techniques Versus Modern Wellness Apps Among Young Adults: A Cross-Sectional Survey*

Rujuta Joshi, Government *Ayurved* College, Vadodara

Presenter: Rujuta Joshi

Contact email: rujuta12j@gmail.com;

6. *Effect of transcranial photo biomodulation on young heart rate variability and neurocognitive health in young adult college students - A quasi experimental study*

Varuna Sharma,

7. *Cardiotoxic Effects of Xenobiotics and Environmental Pollutants: A Preventive Approach through Agadtantra and Hridayavarana Chikitsa*

Amol Sudhakar Kadu, National Institute of *Ayurveda*, Jaipur

Presenter: Amol Sudhakar Kadu

Contact email: dramolkaduayu@gmail.com;

8. *Status of cardiac health and disease & its relationship with mental health and total wellness*

Sunita Joshi, Dr. B.R.K.R. Govt. Ayurvedic Medical College, Hyderabad

Presenter: Sunita Joshi

Contact email: sunithajoshi.dr@gmail.com;

9. *Ayurvedic* preventive strategies for cardiovascular health: The role of *ayurvedic* lifestyle, *rasāyana*, *acāra-rasāyana*, *yoga*, *prāṇāyāma* and meditation in *hṛdrogaḥ*

Azra Lotfi, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Azra Lotfi

Contact email: azralotfi2021@gmail.com;

10. *Krittana Kalpana* and cardiac wellness: A classical *ayurvedic* perspective on diet-based prevention

Kalpesh Dattani, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Kalpesh Dattani

Contact email: vdkadattani@itra.edu.in;

11. Holistic impact of Heartfulness Meditation on work-life balance through yogic and *ayurvedic* integration: A pathway to *samadoshā* and *prasanna atmendriya manas*

Vaibhav Bapat, National Institute of *Ayurveda*, Jaipur

Presenter: Vaibhav Bapat

Contact email: vaibhavajitbapat@gmail.com;

12. Impact of *vega dharana* (suppression of natural urges) on cardiovascular health

Avani S Fichadiya, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Avani S Fichadiya

Contact email: avanisoni254@gmail.com;

13. *Udavarta*: An *ayurvedic* perspective on cardiovascular disorders and preventive strategies

Krishna Soni, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Kalpesh Panara, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Bhupesh Patel, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Krishna Soni

Contact email: sonikrishna432@gmail.com;

14. Study of prevalence and correlates of psychological distress in adolescent girls and effect of *madhuyashti churna* in its management

Nisha Kumari Ojha, National Institute of *Ayurveda*, Jaipur

Presenter: Nisha Kumari Ojha

Contact email: drnishaojha@gmail.com;

15. Nurturing the mind for conception: The psychological dimensions of *ayurveda's Garbhadhana Sanskara*

B. Pushpalatha, National Institute of *Ayurveda*, Jaipur

Presenter: B. Pushpalatha

Contact email: pushpalathania@gmail.com;

16. *Counteractive effect of Heartfulness in mental well-being- An insight view*

Harshada Ashtankar, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Harshada Ashtankar

Contact email: harshada03ashtankar@gmail.com;

17. *Efficacy of Lifestyle Modification and Shankhprakashana (Yogic Purgation Technique) in Dyslipidemia for the Prevention of Cardiovascular Disease and Improving Quality of life -A case study.*

Anushree C, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Shalinee Kumari Mishra, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Anushree C

Contact email: dranusreechandran@gmail.com;

18. *Exploring the effects of Brighter Minds training on brain functional connectivity*

Priyanka Bhatt, All India Institute of Medical Sciences, New Delhi

Senthil Kumaran, All India Institute of Medical Sciences, New Delhi

Presenter: Priyanka Bhatt

Contact email: bhatpriyanka84@gmail.com;

19. *Efficacy of Mashadi Modaka Granules as a Nutritional Supplement in Healthy Sports Persons: Impact on Psychological Well-Being Through WHOQOLBREF Assessment*

Supriya Sudhakar Chabukswar, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Supriya Sudhakar Chabukswar

Contact email: drsupriyachabukswar@gmail.com;

20. *Bridging Ayurveda's Ancient Wisdom with Modern Cardiovascular Health through Hridaya Basti*

Avvinish Annant Narine, National Institute of *Ayurveda*, Jaipur

Presenter: Avvinish Annant Narine

Contact email: dr.anarine@icloud.com;

21. *Integrative Efficacy of Medhya Rasayana and Yoga (C.Y.P.) on Cognitive and Cardiac Wellbeing: A Comparative Clinical Trial in Middle-Aged Adults*

Richa Jangpangi, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Richa Jangpangi

Contact email: dr.richajangpangi09@gmail.com;

22. *A Critical Review of Hṛdaya Dravyas in Bhāvaprakāśa Nighaṇṭu with Special Reference to their Cardiovascular Actions*

Neha Kandade, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Kalpesh Panara, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Bhupesh Patel, Institute of Teaching and Research in *Ayurveda*, Jamnagar

Presenter: Neha Kandade

Contact email: nehakandade@gmail.com;

23. *Impact of Heartfulness Meditation and Yoga on Oxidative Stress Markers in Hypertension: A Randomized Controlled Study*

Amita Kirar and Atharav Dhoble, MGM School of Biomedical Sciences, Mumbai

Veronique Nicolai, The International Yoga Academy, Heartfulness Institute, Kanha Shantivanam

Mansee K. Thakur and Mittesh Thakkar, MGM School of Biomedical Sciences, Mumbai

Presenter: Amita Kirar

Contact email: amitak@mgmsbsnm.edu.in;

24. Heartfulness Meditation and Yoga as Integrative Interventions for Stress Hormones and Psychological Distress in Hypertension

Sanika Warape, MGM School of Biomedical Sciences, Mumbai
Rutuja Suryavanshi, MGM School of Biomedical Sciences, Mumbai
Dhruvi Ganekar, MGM School of Biomedical Sciences, Mumbai
Veronique Nicolai, The International Yoga Academy, Heartfulness Institute, Kanha Shantivanam
Mangesh Pandey, Centre for Open and Distance Education, SVYASA, Bengaluru
Vidhya S. Vijayan, The International Yoga Academy, Heartfulness Institute, Kanha Shantivanam
Mansee K. Thakur, MGM School of Biomedical Sciences, Mumbai

Presenter: Rutuja Suryavanshi

Contact email: suryavanshirutu0000@gmail.com;

25. In- Vitro and in- silico study of Nardostachys jatamansi DC for cognitive impairment related conditions

Mansee Thakur, MGM School of Biomedical Sciences, Mumbai
Sunita Singh, MGM School of Biomedical Sciences, Mumbai

Presenter: Sunita Singh

Contact email: sunitasingh@dypatil.edu;

26. Prevalence of Insomnia and Its Association with Stress and Anxiety Among College Students in Navi Mumbai

Suparna Deepak, MGM School of Biomedical Sciences, Mumbai
Mansee K. Thakur, MGM School of Biomedical Sciences, Mumbai
Chandramani Pathak, MGM Institute of Health Sciences, Mumbai

Presenter: Suparna Deepak

Contact email: suparna_knr@yahoo.co.in;

27. Modulating Dopamine and Cortisol through Heartfulness Meditation: Insights into Emotional Wellbeing and Stress Regulation

Saloni Patil, MGM School of Biomedical Sciences, Mumbai
Mans More, MGM School of Biomedical Sciences, Mumbai
Sanjana T Philip, MGM School of Biomedical Sciences, Mumbai
Jayaram Thimmapuram, Well Span York Hospital, York, PA, United States
Kapil Thakur, Central Research Lab, MGM Medical College and Hospital, Mumbai
Navami Dayal, DY Patil School of Biotechnology and Bioinformatics, Mumbai
Yogesh Patil, MGM School of Biomedical Sciences, Mumbai
Kishore Sabbu, Kanha Medical Centre, Kanha Shantivanam
Aishwarya Sharma, MGM School of Biomedical Sciences, Mumbai
Mansee Thakur, MGM School of Biomedical Sciences, Mumbai

Presenter: Saloni Patil

Contact email: patilsaloni162@gmail.com;

28. Physiological Impact of Rajyoga Meditation With Flute Music: An Integrative Approach to promote cardiovascular health

Arati R Ranadive, Manipur International University & Centre for Academic Research, Mount Abu

Presenter: Arati R Ranadive

Contact email: mavadikara@gmail.com;

29. *Garbha Sanskara-Integrated Yoga Intervention (GS-IYI) for Preventing Hypertensive Disorders of Pregnancy and Promoting Maternal-Cardiac Health: A Pilot Study Proposal*

Roshan Kumar, SVYASA

Presenter: Roshan Kumar

Contact email: patanjali.roshan@gmail.com;

30. *Sound Healing As An Integrative Approach To Mental And Cardiac Health: A Review With Case Illustration*

Oshin Parekh, Shrimad Rajchandra Hospital and Research Centre, Dharampur

Atmarpit Angi, Shrimad Rajchandra Hospital and Research Centre, Dharampur

Presenter: Oshin Parekh

Contact email: oshinkanathe@gmail.com;

31. *Heartfulness, Antahkaraṇa, and Heartful Communication: Studies on the Impact of Heart-Mind Alignment in Cardiovascular Well-being*

Mohanapriya M, Heartfulness Research Centre, Mysuru

Presenter: Mohanapriya, M

Contact email: priyaasm123@gmail.com;

32. *Integrative Health and Wellness: Beyond the Boundaries: Using Architecture to Explore the Mind-Body Connection*

Shriya Agarwal, Heartfulness Research Centre, Mysuru

Rajeshwari Hegde, BMS College of Engineering, Mysuru

Presenter: Rajeshwari Hegde

Contact email:

33. *Integrative Hemodilution Therapy: Bridging Ayurvedic Siravyadha with Modern Blood Donation for Cardiovascular and Chronic Disease Modulation*

Ravichandra Pandillapalli, Dr BKRR Government Ayurvedic Medical Colleges, Hyderabad

Presenter: Ravichandra Pandillapalli

Contact email: ravichandrapandillapalli369@gmail.com;

34. *Unveiling The Scope of Integrated Ayurvedic Approach in Alzheimer's Disease*

Anamika Hridaynarayan Yadav, S.B.S.J.S.A.M.C & Hospital, Uttar Pradesh

Nayana B, S.B.S.J.S.A.M.C & Hospital, Uttar Pradesh

Presenter: Anamika Hridaynarayan Yadav

Contact email: anamika250303@gmail.com;

35. *Predicting Stress Levels Using Machine Learning and Open BCI for Enhancing Overall Well-Being*

Shrivatsa D Perur, Jain College of Engineering, Belgavi

Dr. Harish H. Kenchannavar, KLS Gogte Institute of Technology, Belagavi

Dr. Umesh Kulkarni, KLS Gogte Institute of Technology, Belagavi

Dr. Rajeshwari Hegde, BMS College of Engineering, Bengaluru

Presenter: Shrivatsa D Perur

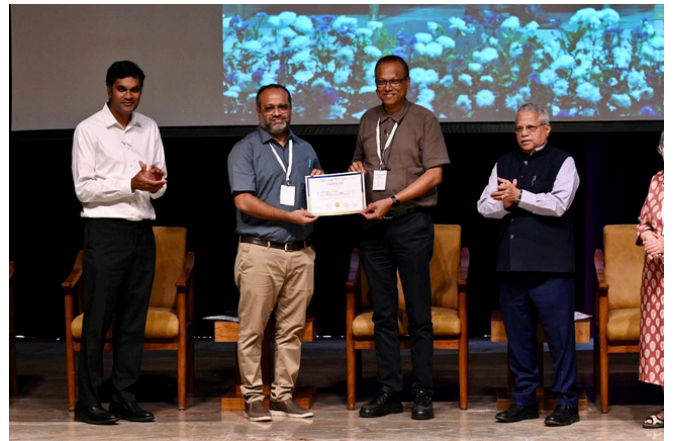
Contact email: perur35@gmail.com;

36. Shatchakra in Systemic Wellness: A Conceptual and Applied Perspective

Gauravi Vyas, Institute of Teaching and Research in Ayurvedsa, Jamnagar

Presenter: Gauravi Vyas

Contact email: dr_gauravivyas@itra.edu.in





Annexure E: Participant Experience & Feedback, Closing Note & Gallery

“The International Conference on Health and Well-being 2025 was a resounding success, and the feedback has been deeply encouraging. Let us now build on this goodwill to bridge traditional and modern medicine—a dream long held, and now within reach thanks to your dedication. May we be guided with wisdom to use this momentum wisely.”

– Dr. Padmini

“Stress and Well-being among Students”, emphasizing Heartfulness, emotional resilience, and holistic education—aligned with MGM’s vision of nurturing intellect and inner balance.

– Dr. Mansee Thakur

Heartfelt gratitude to the Organising Committee of IHW 2025, especially Daaji, for curating such a serene and inspiring environment that truly embodied the theme of well-being and holistic growth.

Special thanks to Dr. Krishnamurthy, Dr. Jay, and the entire team for their warmth, guidance, and unwavering support.

The conference was graced by the esteemed presence of Shri Prataprao Jadhav, Hon’ble Minister of State (IC), Ministry of Ayush, and Prof. (Dr.) Kashinath Samagandi, Director MDNIY, whose keynote on “Yoga and Cardiac Health” was quite powerful.

- Attending the International Conference on Health and Well-Being at Kanha Shantivanam was a wonderful and enriching experience. The knowledge sessions and serene environment reminded me that as doctors, we must care for our own health while serving others. Grateful to the organizers for this meaningful opportunity.

- Dr Kiran

- Participating in the International Conference on Health and Well-Being at Kanha Shantivanam was a highly enriching experience. The conference beautifully highlighted the integration of modern medicine with Ayurveda, yoga, and meditation, emphasizing a more holistic approach to healthcare. The serene environment, excellent accommodation, and well-organized sessions made it a truly pleasant and meaningful event.

- Dr. V. Abhinav Reddy

- Attending the International Conference at Kanha Shantivanam has been a wonderful experience. Over the past two days, I gained valuable insights from academic presentations, yoga, cardiac discussions, and meditation sessions conducted in a serene and well-organized environment. The vast, peaceful campus and excellent ambiance truly made this a memorable and highly recommendable event.

- Dr. B. Srinivas (Physician, Sanath Nagar, Hyderabad)

- I attended the International Health and Wellness Program at Kanha Shantivanam, and it was a very insightful experience. The program effectively highlighted the benefits of yoga, healthy lifestyle practices, stress reduction, and cardiovascular prevention. It was truly valuable, and I would certainly recommend it to my patients as well.

- Dr. Gopinath Reddy (Kurnool)

- It was a privilege to be part of the International Conference on Heartfulness, mindfulness meditation, and its impact on health at Kanha Shantivanam. The multidisciplinary discussions on integrating meditation, breathing techniques, and lifestyle approaches with metabolic and cardiac care were highly insightful. I congratulate the organizing team for creating such a meaningful scientific platform and wish them success in future initiatives.

- Dr. Harsh (Diabetes Specialist, Hyderabad)

Closing Note

IHW 2025 stood out for harmonizing scientific rigor with experiential learning in an atmosphere of peace and inspiration. The event not only deepened appreciation for the synergy between science and spirituality but also reinforced India's leadership in evidence-based integrative health. The momentum generated has inspired optimism for a future where health, wellbeing, and compassion form the foundation of a more balanced and humane society.



Email

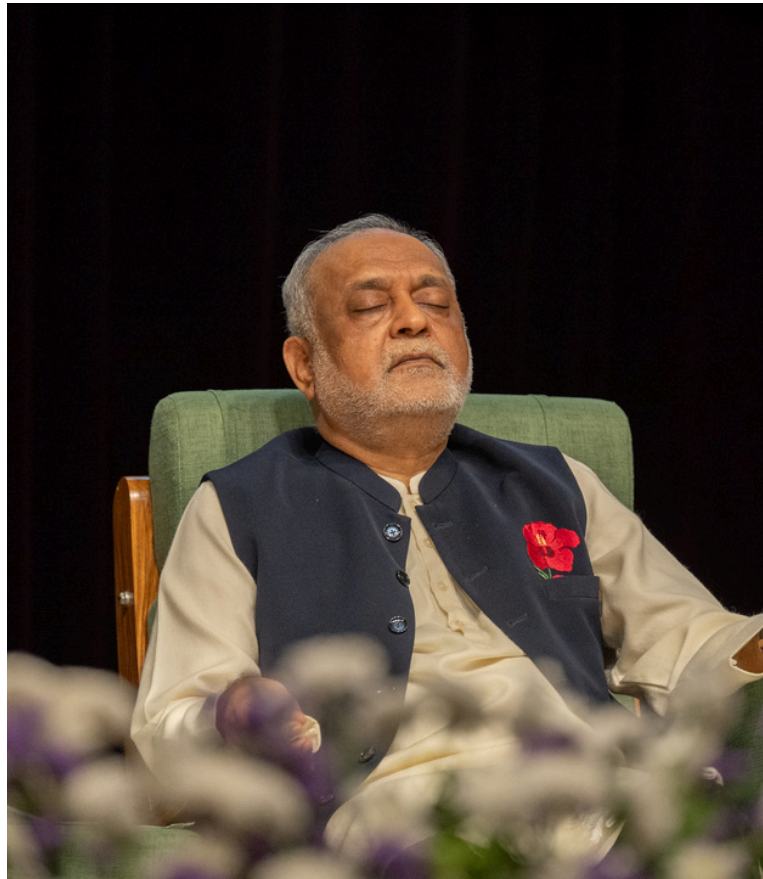
conference@heartfulnessinstitute.org

Website

heartfulness.org/heartfulconference



Gallery







ANNEXURE G. THE PROGRAMME SCHEDULE



DAY 1

OCTOBER 10, 2025

Pre-Conference Workshops

Parallel sessions throughout the day

A. Technical Workshops

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

B. Wellness Experiential Sessions

- 11:00 AM - 12:00 PM** **Kanha Wellness - Overview & Offerings**
Dr. Navaneeth CV, Chief Medical Officer, Wellness by Heartfulness
Mr. Kamalakkannan TV, Chief Executive Officer, Wellness by Heartfulness
- 12:00 PM - 01:00 PM** **Heartfulness Polarity**
Ms. Kripa M, Heartfulness Polarity Trainer, Wellness by Heartfulness
Ms. Harini V, Heartfulness Polarity Trainer, Wellness by Heartfulness
- 02:00 PM - 03:00 PM** **Heartfulness Polarity**
Ms. Kripa M, Heartfulness Polarity Trainer, Wellness by Heartfulness
Ms. Harini V, Heartfulness Polarity Trainer, Wellness by Heartfulness
- 03:00 PM - 04:00 PM** **Yoga and the Heart: Bridging Ancient Wisdom and Modern Physiology**
Dr. Veronique Nicolai, Director, Heartfulness Yoga Academy
Ms. Viji Vasu, Senior Yoga Therapist, Heartfulness Yoga Academy
- 04:00 PM - 05:00 PM** **Sound Healing**
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

06:55 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

08:30 AM - 08:40 AM

Welcome address

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 Subarna Roy, Scientist G & Director, ICMR-NITYM, Belagavi

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 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

Plenary Session

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**

Plenary Session

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**

Panel Discussion

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**

Panel Discussion

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**

Panel Discussion



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 Schenkman**

- 09:30 AM - 09:40 AM **1. Current Efforts/Interventions to Address Stress & Wellbeing: Progress and Challenges, and the Need for Integrative Approaches (online)**
Dr Mimi Guarneri, President, Academy of Integrative Health & Medicine (AIHM)
- 09:40 AM - 09:55 AM **2. Yoga and Embodied Physiology with a focus on Cardiac Health and Wellbeing**
Dr Shirley Telles, Director of Research, Patanjali Yogpeeth
- 09:55 AM - 10:10 AM **3. Integrating Ayurveda into Mainstream Medicine for Cardiac Health**
Dr G G Gangadharan, Ayurvedacharya, 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 **1. Medicinal Plants in Cardiovascular Health**
Dr Kalpesh Panara, Associate Professor, Dept of Dravyaguna, ITRA, Jamnagar
- 10:30 AM - 10:45 AM **2. Role of Panchakarma in Wellness of Mind and Body**
Dr Anup Thakar, Professor & Head, Dept. of Panchakarma, ITRA, Jamnagar, Gujarat
- 10:45 AM - 11:00 AM **3. Integrating Ayurveda & Modern Nutrition for Chronic Disease management**
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 **1. Application of Precision Medicine in management of patients with Cardiac disease**
Dr Shrikant Mane, Director, Yale Proteomics Center
- 11:25 AM - 11:40 AM **2. Neuromodulation and Mental Wellbeing**
Dr Nand Kumar, Prof. In charge ICMR CARE, Dept. of Psychiatry, AIIMS, New Delhi
- 11:40 AM - 11:55 AM **3. Heart Disease and Stroke Prevention**
Dr Sevith Rao, Co-Founder and Managing Trustee, Indian Heart Association
- 11:55 AM - 12:10 PM **4. Technology, Neuroscience and Wellbeing**
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 **1. Worksite Wellness as an approach to Public Health**
Dr Judith Deutsch, Professor Director of Rivers Lab, Rutgers University.
- 02:30 PM - 02:45 PM **2. Evidence Synthesis in Traditional Medicine & Integrative Health**
Dr Subarna Roy, Scientist G & Director, ICMR-National Institute of Traditional Medicine, Belagavi
- 02:45 PM - 02:55 PM **3. Gol's perspective and Way Forward**
Dr. Dharmendra Singh Gangwar, IAS (Retd. as Secretary to Government of India), President, AIIMS Haryana
- 02:55 PM - 03:10 PM **4. Lessons for Public Health Policy and Programmes**
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

Closing 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

The 3rd 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

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Foundations of Rehabilitation Science

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Thank You!

Welcomes all Dignitaries and Delegates to
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IHW2025

