

**"Yoga is the Journey
of the Self,
to the Self,
Through the Self."**



**National Conference on
"Role of Yoga In Stress Management"**

ROYISM - 2018

22nd - 23rd March 2018



Organized by

Department of Physiology

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR.

(INSTITUTION DEEMED TO BE UNIVERSITY)

Declared Ested U/S 3 of UGC Act 1956

Re-accredited by NAAC with 'A' Grade

Preamble

“Health is the state of complete physical, mental & social wellbeing & not merely the absence of disease or infirmity”

In an ideal state, the body is in a state when all systems functions smoothly and are in balance. As soon as you are faced with stress your body goes through a complex physiological response. The physiological effects of stress are associated with the brain and nervous system, as well as your endocrine system.

In today's era of globalization where there is a lot of competition, innovation & change, normal human being cannot avoid tension, stress & anxiety in their day to day work. Prolonged stress takes its toll physically, emotionally & mentally. According to World Economic Forum, mental health costs are predicted to hit \$6 trillion dollars by 2030. Greater than cost of diabetes, respiratory disorders, cardiovascular disease and cancer.

Yoga can help to reduce the stress because it promotes relaxation, which is the natural opposite of stress. Yoga is psycho-somatic spiritual discipline for achieving union and harmony between our mind, body and soul as well the ultimate union of our individual consciousness and universal consciousness. The word Yoga is Sanskrit. It means union because it unites mind, body & breath.

D. Y. Patil University, Kolhapur and Departments of Basic Medical Sciences have been instrumental in the field of medical research and education. This time Department of Physiology is coming up with Conference on **“Role of Yoga In Stress Management” (ROYISM – 2018)** to expand horizons of Medical Education for Medical Professionals and Students.

We the members of organizing committee are looking forward to the active participation in this academic event and a warm hospitality of our university.

Tentative Topics

- Introduction to yoga.
- GABAergic mechanisms of yoga in mental health.
- Physiological basis of stress and its correlation with nervous and endocrine system.
- Yogic asanas related to stress.
- Clinical face of stress.
- Yoga in Hypertension.
- Pranayam in stress management.
- Pranopasana Meditation & Mindfulness for stress reduction & Promotion of positive mental health
- Yoga and School Health
- Clinical management of stress.
- Health benefits of laughter.
- Role of Yoga in Pregnancy induced hypertension

LIST OF SPEAKERS

Dr. P. B. Behere

Vice - Chancellor & Professor of Psychiatry,
D. Y. Patil Education Society (Deemed to be University),
Kolhapur, Maharashtra.

Dr. B. N. Gangadhar

Professor of Psychiatry &
Director at NIMHANS, Bangalore.

Dr. Rakesh Sharma

Dean & Professor (Obst & Gyn),
D.Y.Patil Medical College, Kolhapur.
Maharashtra.

Dr. Dhananjay Gunde

M.S.D. Ortho (Bom.), D. Ac. Senior practicing orthopaedic
surgeon and Ex. Honorary Yoga Therapy Consultant
Bombay Hospital, Mumbai.

Dr. B. C. Harinath

Founder Director, JBTDR Arogyadham,
Honorary Professor of Biochemistry
MGIMS Sevagram, Wardha.
Chairman, SBC Health Research Foundation,
SBC Arogya Vihar Yerpedu
(Chitoor Dist, AP.)

Dr. Brinda Venkataraman

Professor & HOD of Physiology,
HBTMC & Dr. R.N.Cooper Muncpal General Hospital,
Mumbai, Maharashtra.

Dr. B. N. Gangadhar

Professor of Psychiatry &
Director at NIMHANS, Bangalore,
Karnataka.

Dr. Ram Harsh Singh

Recipient of Padma shree,
Former Vice- chancellor Jodhpur Ayurvedic University,
Jodhpur, Emeritus Scientist, Rajasthan.

Dr. P. B. Behere

Vice - Chancellor & Professor of Psychiatry,
D. Y. Patil Education Society (Deemed to be University),
Kolhapur, Maharashtra.

Dr. Dhananjay Gunde

M.S.D. Ortho (Bom.), D. Ac. Senior practicing orthopaedic
surgeon and Ex. Honorary Yoga Therapy Consultant
Bombay Hospital, Mumbai.

Dr. Rakesh Sharma

Dean & Professor (Obst & Gyn),
D. Y. Patil Medical College, Kolhapur,
Maharashtra.

Dr. Shimpa Sharma

Professor of Medicine,
D. Y. Patil Medical College, Kolhapur, Maharashtra.

Dr. Mukta Bidikar

Assistant Professor of Physiology,
HBTMC & Dr. R.N.Cooper Muncpal General Hospital,
Mumbai, Maharashtra.

Dr. Shimpa Sharma

Professor of Medicine,
D. Y. Patil Medical College, Kolhapur, Maharashtra.

Dr. Sudhir Bhawe

Professor of Psychiatry
N K P Salve Institute of Medical Sciences and
Research Center, Nagpur, Maharashtra.

Dr. Satish Mahajan

Professor & HOD of Medicine,
Rural Medical College Loni, Ahmednagar,
Maharashtra.

Dr. Kshirod Kumar Mishra

Professor & HOD of Psychiatry,
MGIMS, Sevagram, Wardha, Maharashtra.

Dr. N. M. Patil

Professor & Head,
Department of Psychiatry, Jawaharlal Nehru
Medical College, Belgaum, Karnataka.

Dr. Sandeep Rai

Unit Head & Professor Dept. Of Medicine,
MGM Institute of Health Sciences, Navi Mumbai,
Maharashtra.

National Advisory Committee

Dr. B. C. Harinath

Founder Director, JBTDR Arogyadham,
Honorary Professor of Biochemistry MGIMS Sevagram,
Wardha. Chairman, SBC Health Research Foundation,
SBC Arogya Vihar Yerpedu (Chitoor Dist, AP.)

Dr. Brinda Venkataraman

Professor & HOD of Physiology,
HBTMC & Dr. R.N.Cooper Muncpal General Hospital,
Mumbai, Maharashtra.

Dr. N. M. Patil

Professor & Head,
Department of Psychiatry, Jawaharlal Nehru
Medical College, Belgaum, Karnataka.

Dr. Sudhir Bhawe

Professor of Psychiatry
N K P Salve Institute of Medical Sciences and
Research Center, Nagpur, Maharashtra.

Dr. Satish Mahajan

Professor & HOD of Medicine,
Rural Medical College Loni, Ahmednagar,
Maharashtra.

Dr. Kshirod Kumar Mishra

Professor & HOD of Psychiatry,
MGIMS, Sevagram, Wardha, Maharashtra.

SCIENTIFIC PROGRAMME

The Conference on **“Role of Yoga In Stress Management” (ROYISM – 2018)** a two-days activity will be held on 22nd – 23rd March 2018. It consists of series of lectures by eminent Physiologists, Psychiatrists, Orthopaedicians, Physicians and Gynaecologists from our country followed by interactive discussions and a special hour of “Demonstration of Asanas” by expert Yoga consultant.

<i>Time</i>	<i>22nd March</i>	<i>23rd March</i>
8.00 am-9.00 am	Registration & Breakfast	Registration & Breakfast
9.00 am-9.45 am	Dr. Dhananjay Gunde Introduction to Yoga.	Dr. Satish Mahajan Yoga in Hypertension
9.45 am -10.30 am	Dr. Brinda Venkatraman Physiology of Stress	Dr. N.M. Patil Yoga and School Health.
10.30 am -11.00 am	Inauguration, Key Note Address	Dr. Rakesh Sharma Role of Yoga in Pregnancy induced hypertension.
11.00 am -11.45 am	Dr. B. N. Gangadhar GABAergic mechanisms of yoga in mental health.	Dr. Mukta Bidikar Yogic asanas in Stress
11.45 am-12.30 pm	Dr. Shimpa Sharma Clinical face of Stress.	Dr. Sanjay Baraskar (Demonstration of Asanas)
12.30 pm - 1.15 pm	Dr. Sandeep Rai Sahaja Yoga for reduction of stress and Positive health (scientific presentation) Dr. Madhur Rai (Demonstration of Asana)	
<i>1.15 pm-2.00 pm</i>	<i>Lunch break</i>	<i>Lunch break</i>
2.00 pm -2.45 pm	Dr. B.C. Harinath Pranopasana Meditation & Mindfulness for stress reduction & Promotion of positive mental health.	Dr. Kshirod Kumar Mishra Effect of Pranayama in Stress Management.
2.45pm-3.30 pm	Dr. Sudhir Bhawe Health Benefits of Laughter.	Remarks on Poster Presentation & Prize distribution
3.30 pm - 4.15 pm	Poster Presentation	Panel Discussion
4.15pm – 5.00 pm	Dr. P.B. Behere Clinical Management of Stress	valedictory function
<i>5.00 pm</i>	<i>High Tea</i>	<i>High Tea</i>

Last date for submission of E- Poster (by email only) is 10th of March 2018.

Selected posters will be awarded.

E-mail& Fb ID - physiologyroyism2018@gmail.com & padmajardesai@gmail.com

About The Organizers

Department of Physiology was established in 1989 and is constantly upgrading in teaching learning methods as well as infrastructure. It has a long tradition of excellence in teaching for under graduate since 29 years. The department it is further enriched by starting post graduate course since 2008. It has also contribution to the university for M.Sc. Stem cell and Regenerative Medicine, Medical Bio-Physics and B.Sc Nursing Courses. The department has well equipped research lab. The unique feature of the department is newly established “YOGA LAB” which is coming up with new methods and innovations.

Our aim is to create awareness in students and society for implementing yoga in day to day life for self-healing. Thus, the vision of the department is to impart the excellence of knowledge and yoga to give a vantage for the students and society.

Local Organizing Committee

- Patron** - Hon'ble Dr. Sanjay. D. Patil - President
- Chairman** - Hon'ble Prof. Dr.P.B.Behere, Vice – chancellor.
- Convener** - Dr. Mrs. P.R. Desai, Professor & Head Department of Physiology.
- Secretary** - Dr. Mrs. S.M. Tiwale Professor, Department of Physiology.
- Treasurer** - Dr. Mrs. A.N. Kumbhar, Assistant Professor,
Department of Physiology.

Members

Dr. R. K. Sharma - Dean	Mr. M. Pandian
Dr. V.V. Bhosale - Registrar	Dr. Prafull Turerao
Mr. S.P. Kole - Finance officer	Dr. Anand T. More
Mr. S.P. Jadhav - Deputy Registrar	Dr. Nandan Kumar
Dr. Mrs. I. A. Kurane	Dr. M. V. Pujari

Participants

The faculty members & P.G. Students of different departments of various medical colleges from all over the Country are encouraged to attend.

Applied to Maharashtra Medical Council for Credit Hours.

Registration Information

Fee	Up to 10th March	Spot Registration
Delegate	Rs. 2000/-	Rs. 2500/-
*PG Student	Rs. 1000/-	Rs. 1500/-

***Recommendation letter from Head of Department is must.**

Registration fee includes conference material, breakfast, lunch, tea / Coffee (during conference).

PAYMENT DETAILS

Payment should be made in the form of Cash /NEFT/ D.D. to be drawn in favor of **"Registrar, D. Y. Patil Education Society, Deemed University, Kolhapur",**

Payable at Kolhapur.

IFSC CODE - UTBI0KLP645

A/C No. - 1207050010399

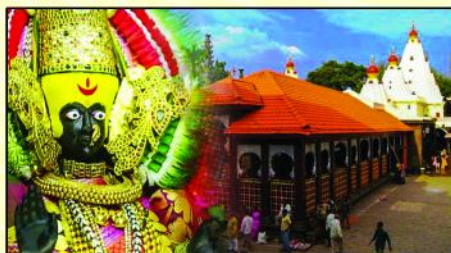
Bank : UNITED BANK OF INDIA, SHAHUPURI BRANCH

Last date for Registration is 10th of March 2018.

Details for Accommodation, Payment and Registration also avail on -

www.dypatilunikop.org & www.dypatilmedicalkop.org.

About Kolhapur



Kolhapur Mahalaxmi Temple



Jotiba Temple, Kolhapur

Venue



D. Y. PATIL UNIVERSITY

869, 'E' D. Y. Patil Vidyanagar, Kasaba Bawada, Kolhapur-416006.

Address For Correspondence

Dr. Mrs. P. R. Desai - Professor & Head

Department of Physiology.

D. Y. Patil Medical college, KOP, MH.

Mobile - 9403550033

E-mail - padmajardesai@gmail.com

Dr. Mrs. S. M. Tiwale - Professor

Department of Physiology.

D. Y. Patil Medical college. KOP, MH.

Mobile - 9561299237

E-mail - sunita.tiwale88@gmail.com .