

Heal the Hurt
2nd International Conference on Integrative Medicine:

Role of Yoga and Ayurveda

Pain and Addiction Management

Joseph B. Martin Conference Center, Harvard Medical School,
77 Avenue Louis Pasteur, Boston, MA 02115

May 20-21, 2017

Conference Agenda

Saturday, May 20, 2017

All Saturday sessions are at Rotunda Hall, Joseph B. Martin Conference Center

Breakfast: 7:30 – 8:30 AM Elements Café

Registration: 7:30 – 8:45 AM Rotunda

Inaugural Program 9:00 – 10:30 AM

Chair - Dr. H R Nagendra, Chancellor, S-VYASA

Opening Remarks

Kanchan Banerjee, Co-Convener, Director, Indo US Health Initiatives

Welcome Address

Dr. Darshan H. Mehta, Medical Director, The Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital

Distinguished Guest: Dr. Nam Pham, Assistant Secretary for Business Development and International trade, State of Massachusetts

Distinguished Guest: Captain Christopher Bersani, Deputy Regional Health Administrator, Federal Health & Human Services (HHS)

Distinguished Guest: Consul Dr. Vidhu Nair, Indian Consulate, NY

Keynote Address

1. **Hon'ble Shri Shripad Yasso Naik**, Chief Guest, Minister of State, Ministry of Health and Family Welfare and AYUSH, Govt. of India

2. **Dr. Robert Schneider**, Dean and Director, College of Integrative Medicine, Institute for Natural Medicine and Prevention, Maharishi University of Management, IA.

Presentation: **Yoga and Reality, Haimanti and Kanchan Banerjee**, IndoUS Health Initiatives

Sponsors: **Brenda Cole, Harvard Pilgrim HealthCare**

Logistics: **Pawan Roy, Community volunteer**

Break: 10:30 – 10:45 AM

Symposium 1: Fundamental science and clinical issues - 10:45 – 11:45 AM

Chair: **Dr. Dinesh Patel**, Emeritus Chief, Arthroscopic Surgery, Mass General Hospital

Invited Presentations:

1. **Dr. Greg Fricchione**, Associate Chief of Psychiatry; Director, The Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital
2. **Dr. Manoj Bhasin**, Harvard Medical School
3. **Dr. Sara Lazar**, Harvard Medical School, USA
4. **Dr. Lisa Conboy**, Health Researcher, Osher Center for Integrative Medicine Brigham and Women's Hospital

Lunch Break: 11:45 PM – 12:45 PM Elements Cafe

Symposium 2: Ayurveda and Yoga therapy – 1:00 – 2:00 PM

Chair: **Dr. B.N. Gangadhar** Director National Institute of Mental Health and Neuroscience (NIMHANS), India

Invited Presentations:

1. **Dr Manjunath, N K**, Director International Affairs & Director R & D, S-VYASA, India
2. **Dr. Ram Manohar**, Director of Ayurveda Research at Amrita University, India
3. **Dr. Arianna Vora**, Integrative Rehabilitation Physician, Harvard Medical School
4. **Dr. Diana Lurie**, Dept. of Biomedical & Pharmaceutical Sciences, The University of Montana

Panel Discussions: 2:00 – 3:15 PM

Strategies and steps for advancing Ayurveda/Yoga for healthcare

Chair: **Dr. Bal Ram Singh**, President, Institute of Advanced Sciences, Dartmouth, MA

Panelists:

1. **Dr. John Denninger**, Director of Research, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital
2. **Dr. Pratibha Shah**, Council of Ayurveda Research
3. **Dr. Ashutosh Shukla**, Founding Director - Prana Integrative Medicine Institute & Director - Internal Medicine, Artemis Hospitals, Delhi NCR.
4. **Yogini Sambhavi Chopra**, American Institute of Vedic Studies, NM

Sponsors: iMed Medical, CBD Thera

Break: 3:15 – 3:30 PM

Plenary Session 3:30 – 5:00 PM

Field Studies and Analysis

Chair: **Latha Mangipudi**, State Representative, New Hampshire

Invited Speakers:

Stephanie Wolf-Rosenblum, MD, Vice President of Development & External Affairs for Southern New Hampshire Health

Paul Bergeron, Board of commissioners Hillsborough county, NH

Dr. Nitigna Desai, Psychiatry, Boston University Medical School and UMass Medical School and Veteran Affairs Medical Center

Keynote Address:

1. **Dr. David Frawley**, American Institute of Vedic Studies, New Mexico
2. **Dr. H.R Nagendra**, SVYSA, Bangalore, India

Sunday, May 21

Registration and Breakfast: 7:30 – 8:30 AM Elements Café

Plenary Session: 9:00 – 10:30 AM

Armenise Amphitheater, Gordon Hall, 210 Longwood Ave [across the street from the Martin Conference Center]

Chair: Dr. David Frawley

Inauguration: Hon'ble Ambassador Mrs. Riva Ganguly Das, Indian Consulate, NY

Curtain Raising for 2017 International Day of Yoga in USA

Guest Speaker:

Hilary Garivaltis, Executive Director, National Ayurvedic Medical Association

Key Notes:

1. **Dr. B.N. Gangadhar** Director National Institute of Mental Health and Neuroscience (NIMHANS), India
 2. **Nikki Myers** Founder Yoga of 12 Steps to Recovery Foundation
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WORKSHOPS

All workshops are at the Martin Conference Center, Pechet Hall and Brary Lecture Room

Addiction Management Workshops

Session 1: 10:45 AM – 11:45 PM *Bray Lecture Room*

Guest: Annalisa Cunningham (Remote), Author of Healing Addiction with Yoga – A Yoga Program for People in 12-Step Recovery Programs

Session 2: 12:45 – 1:45 PM *Bray Lecture Room*

Guest: Nicoletta Longo, Founder & CEO - NamastaySober

Yoga and Pain/Addiction Management Workshops

Session 1: 10:45 AM – 11:45 PM *Pechet Hall*

Guest: Jay Gupta, Yoga Caps, RxRelax: Yoga for chronic pain and addiction in Marginalized Populations

Session 2: 1:45 – 2:45 PM *Pechet Hall*

Guest: Dr. Jay Glaser: University of Massachusetts Medical School: Ayurveda and other Vedic medicine as stealth therapeutics for addiction management

Session 3: 2:45 – 3:45 PM *Pechet Hall*

Guest: Dr. Sat Bir Khalsa Harvard Medical School - Yoga and anxiety disorders

Yoga Ayurveda and Pain/Addiction Management Workshops

Session 1: 12:45 AM – 1:45 PM *Pechet Hall*

Guest: Dr. Prakash Mangalseri, A.V.C. Kottakkal: Ayurvedic Intervention for pain management in Diabetic Neuropathy

Session 1:45 – 2:45 PM *Bray Lecture Room*

Guest: Dr. Anusha Sehgal, Ayurvedic Practitioner: Demonstration of Ayurvedic First aid care and simple pain management techniques.

Session 3: 2:45 – 3:45 PM *Bray Lecture Room*

Guest: Dr. Ram Manohar, Research Director for Ayurveda at the Amrita University: Musculo skeletal pain management through Ayurveda: Research

Lunch Break: 11:45 PM – 12:45 PM *Elements Cafe*

Valedictory Session 4:00 – 5:00 PM

Armenise Amphitheater, Gordon Hall, 210 Longwood Ave [across the street from the Martin Conference Center]

Summary and Future Plans - Dr. Bal Ram Singh, Kanchan Banerjee

Observational Remarks:

Lucinda Jewell, Chair of the Depression and Bipolar Support Alliance Board of Directors

Dr. M. Keshavan, Professor and Vice-chair for Public Psychiatry at the Beth Israel deaconess medical center, Harvard Medical School

Sudarshan Ramabadarani, Deputy Director, India Foundation, New Delhi

Vote of Thanks: Prमित Maakoday, Director, United Health Group