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 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, Benson-Henry Institute for Mind Body Medicine

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

Chief Guest Remarks - TBD [Governor/Mayor]

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, Indo-US Health Initiatives

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, Division of Psychiatry and Medicine; Director, Benson-Henry Institute for Mind Body Medicine, Harvard Medical School
2. Dr. Manoj Bhasin, Harvard Medical School
3. Dr. Sara Lazar, Harvard Medical School, USA
4. Dr. Diana Lurie, Dept. of Biomedical & Pharmaceutical Sciences, The University of Montana

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. Lisa Conboy, Health Researcher, Osher Center for Integrative Medicine Brigham and Women’s Hospital
4. Dr. Arianna Vora, Integrative Rehabilitation Physician, Harvard Medical School

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. **Pratibha Shah**, Council of Ayurveda Research
3. **Dr. Ashutosh Shukla**, Founding Director - Prana Integrative Medicine Institute & Director - Internal Medicine, Artemis Hospitals, Delhi NCR.
4. **Dr. Indranill Basuray**, Baylor College of Medicine, TX
5. **Sambhavi Chopra**, American Institute of Vedic Studies, NM

Break: 3:15 – 3:30 PM

Plenary Session 3:30 – 5:00 PM

Field Studies and Analysis

Chair: **Latha Manigudi**, 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. Nitinga 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

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**Sunday, May 21**

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 Speakers:
1. Hilary Garivaltis, Executive Director, National Ayurvedic Medical Association
2. Raj Mukherjee, Assemblyman NJ

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

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

Session 2: 12:45 – 1:45 PM
Guest: Nicoletta Longo, Founder & CEO - NamastaySober

Yoga and Pain/Addiction Management Workshops

Session 1: 10:45 AM – 11:45 PM
Guest: Dr. Jay Glaser: University of Massachusetts Medical School: Ayurveda and other Vedic medicine as stealth therapeutics for addiction management

Session 2: 2:45 – 3:45 PM
Guest: Dr. Sat Bir Khalsa Harvard Medical School - Yoga and anxiety disorders

Session 3: 1:45 – 2:45 PM
Guest: Jay Gupta, Yoga Caps, RxRelax: Yoga for chronic pain and addiction in Marginalized Populations

Yoga Ayurveda and Pain/Addiction Management Workshops

Session 1: 12:45 AM – 1:45 PM  
Guest: Dr. Prakash Mangalsseri, A.V.C. Kottakkal: Ayurvedic Intervention for pain management in Diabetic Neuropathy

Session 1: 1:45 – 2:45 PM  
Guest: Dr. Anusha Sehgal, Ayurvedic Practitioner: Demonstration of Ayurvedic First aid care and simple pain management techniques.

Session 3: 2:45 – 3:45 PM  
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
Armenerise Amphitheater, Gordon Hall, 210 Longwood Ave [across the street from the Martin Conference Center]

Summary and Future Plans - Dr. Balram 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 Ramabadaran, Deputy Director, India Foundation, New Delhi

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