



# IHW 2022

Integrative Approach to Health & Wellbeing

December 16-18, Hyderabad, India

Report



Inspire. Innovate. Integrate.

With a change in lifestyle and increased prevalence of non-communicable diseases, an approach to medical care that recognizes the benefit of combining safe and effective conventional and complementary therapies is the need of the hour.

Integrative medicine is a whole person-based approach that uses therapies that are both evidence-based, and experience-based. Integrative medicine combines a variety of disciplines, including alternative and conventional therapies, to provide safe, effective health care.

Modern medicine has a definite role to play. For instance, in the clinical scenario of acute myocardial infarction, one needs to have an intervention that opens the blockage of the coronaries, and modern medicine does that par excellence. However, it is more of a disease-based approach than a health-based one. But there is a saying, the best treatment is to teach one how to remain healthy and not require medication. We need a system of care that focuses on prevention, wellness, and sustainable whole-person care. Our traditional mind-body and integrative practices can play a significant role in that.

We were inspired by the idea of creating a platform for the fusion of these practices and creating an opportunity for networking with like-minded individuals. Kanha Shantivanam was the perfect location for such a fusion to occur. Peace, sublimity, and tranquility prevailed in the environment.

Through this conference, we explored conventional and contemplative practices, lifestyle, holistic development, and the latest research in this area. We were delighted to host several world-renowned experts who shared their wisdom based on their extensive research work. Several budding researchers also presented their work in the form of oral and poster presentations.

We also recognized young researchers who significantly contributed to furthering the vision of Heartfulness and were given the Heartfulness Young Researcher Awards.

This conference *inspired* many, taught some innovative ways for transformation, and provided an opportunity to integrate the best practices to become the best version of oneself.

Thank you!  
IHW Committe



# Essence

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## Our Vision

*The vision of the IHW conference is to create a platform for collaboration between various healthcare professionals, researchers, and wellness enthusiasts. IHW strives to offer evidence-based strategies in conventional and traditional approaches that nourish mind, body, and soul.*

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## Mission

*Our mission is to promote an evidence-based integrative approach to health and empower individuals to actively participate in their holistic wellbeing.*

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## Values

- *Collaboration*
- *Mutual Respect and Inclusivity*
- *Education and Learning*
- *Compassionate Care*

# SUPPORTING ORGANIZATIONS



*At RUAS, we believe that education, industry, and society are deeply interlinked. Each can — and should — mould the other. This is the driving idea behind the design of all our programs and courses. Our curriculum reflects a changing society. It is rooted firmly in the present and unflinchingly faces the future. It focuses on what is and the immense possibilities of what can be. Because at RUAS, we don't just create competent graduates. We create the thinkers, makers, and doers of a better world.*



*The council is engaged in conducting various activities for research, development, promotion, propagation and publication in Yoga and Naturopathy.*



*The mission of NIPER is to strive towards excellence in the field of higher education and research in Pharmaceutical Sciences & Management and to be one of the principal sources of professional manpower in the field, for strengthening the Indian Pharma industry in obtaining quality products at affordable prices.*



*The Ministry of Ayush, a ministry of the Government of India, is responsible for developing education, research and propagation of traditional medicine systems in India.*



*Patanjali Yogpeeth is located in Haridwar, North India and was founded by Swami Ramdev and Acharya Balkrishna. The trust aims to increase the propagation of yoga and Ayurveda as methods of health promotion and healing. The institution has a wide range of yoga activities which include yoga classes, yoga courses, research on yoga and dissemination of knowledge through books, International conferences, seminars and a monthly magazine "Yog Sandesh."*



*Indian Drug Manufacturers' Association (IDMA) was formed in 1961. IDMA has successfully completed 58 glorious years of providing support to its members who have provided affordable quality medicines, not only to the people of India, but also to people all over the world.*



*NIMHANS is world-renowned as a centre for mental health, neurosciences and allied fields. The vision of NIMHANS is to be a world leader in these areas and to evolve state of the art approaches to patient care through translational research.*

# Conference Speakers

## December 16 - 18, 2022



*Kamlesh Patel*



*Dr. M. R. Jayaram*



*Vaidya Shri Rajesh Kotecha*



*Dr. Anthony Cullen*



*Dr. Natwar Sharma*



*Dr. Hester O'Connor*



*Hon'ble Minister  
Dr. Mansukh  
Mandaviya*



*Prof. Kuldeep Kumar  
Raina*



*Dr. G G Gangadharan*



*Hon'ble Minister  
Sarabananda Sonwala*



*Dr. Pooja Sabani*



*Dr. Anaita Hegde*



*Dr. Kishore Sabbu*



*Dr. Ravindra Pinna*



*Dr. Randeep Guleria*



*Margaret Schenkman*



*Dr. Sat Bir Khalsa*



*Dr. P. Divakar*



*Dr. Bhavna Sonkamble*



*Dr. Sharath Reddy*



*Sadhvi Bhagawati  
Saraswati*



*Dr. Rollin McCraty*



*Dr. Sara Lazar*



*Eddie Stern*



*Dr. Swanand Kulkarni*



*Dr. I. Unnikrishnan  
Namboothiri*



*Dr. Akshay Anand*



*Dr. Arpan Bhatt*



*Dr. Shirley Telles*



*Dr. Sisir Roy*



*Dr. Jayaram  
Thimmapuram*



*Dr. Anshul Gupta*



*Ekta Boudierlique*



*Dr. Rahul Mehrotra*



*Dr. Kunal Desai*



*Dr. Ranjani Iyer*



*Dr. Krishnamurthy  
Jayanna*



*Dr. Namgyal Qusar*



*Ariel & Claire De Mercurio*



*Prasanna Krishna*



*Dr. Manish Kulkarni*



*Dr. Snehal Deshpande*



*Ghazal Yadav*



*Prakash Chalagulla*



*Aruvi Kaniamuthan*



*Dr. Veronique Nicolai*



*Dr. Haresh Mehta*



*Prashanth Vasu*



*Dr. Sachin Ranade*



*Dr. Pari Plavi  
Mokkalpati*



*Dr. Rajlaxmi  
Borathakur*



*Dr. Meghana Manocha*



*Dr. Swati Thoda*

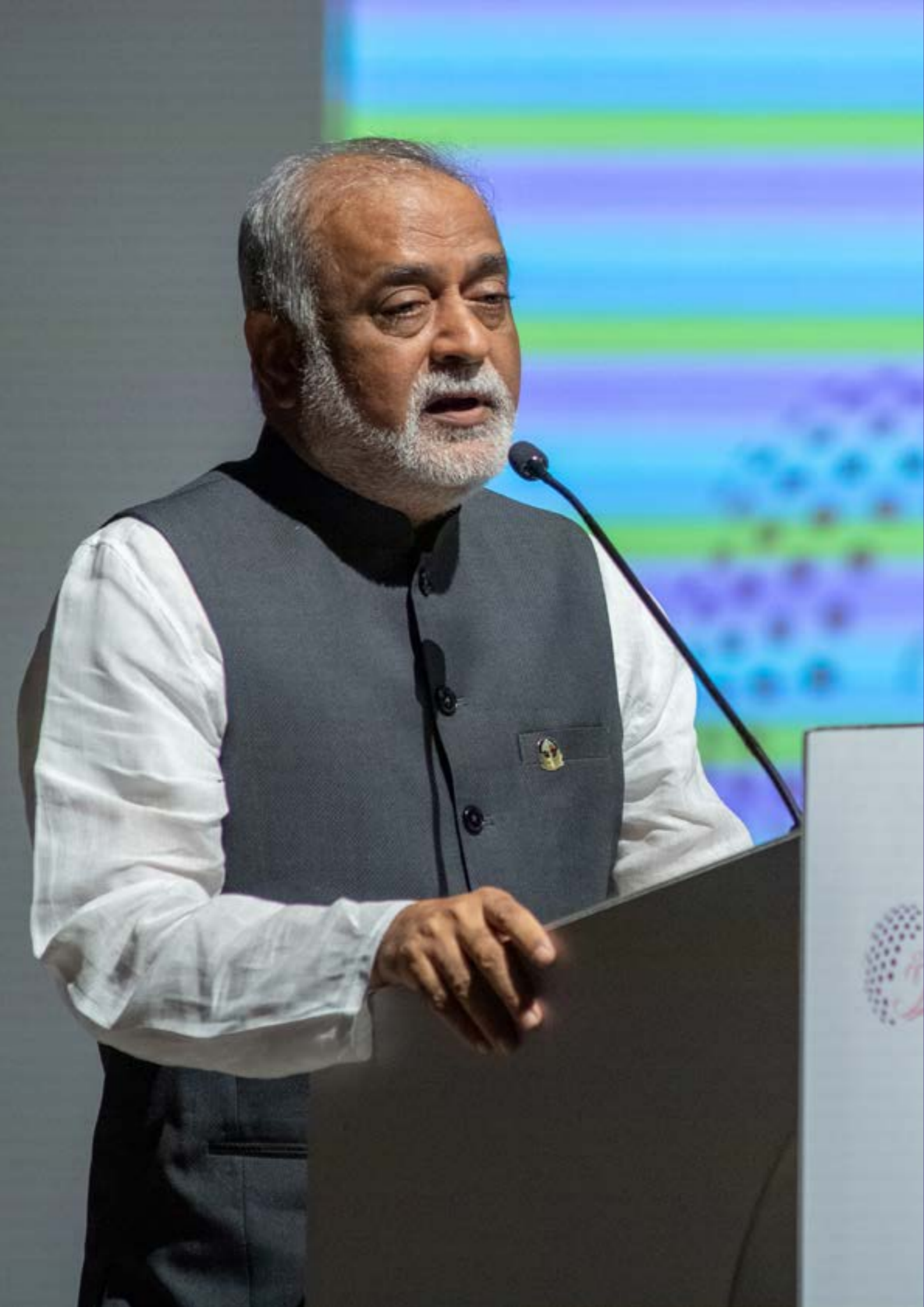


*Divya Thotha*



*Dr. Kashyap Bhatt*

*This conference was graced by Hon'ble Union Health Minister, Dr. Mansukh Mandaviya; Hon'ble Cabinet Minister of AYUSH, Shri Sarabananda Sonowal; Hon'ble secretary for the ministry of AYUSH, Vaidya Shri Rajesh Kotecha; Chancellor of MS Ramaiah University of Applied Sciences, Dr. M R Jayaram; and Vice Chancellor, Prof. Kuldeep Kumar Raina; Eminent Pulmonologist & Ex-director of AIIMS, Dr. Randeep Guleria amongst others.*



*Our understanding of others correctly proceeds with the right thinking, and what proceeds before right thinking is your right attitude. Do you really want to understand the other person? Listen carefully. That's where the Heart comes into the picture.*

*The next evolution is all about whoever uses the Heart will survive. Rest will go; that is Nature's dictum, Nature Works in a very different way. The subtlest and the finest survive, not the strongest at a physical level, because, at that level, there is no way you will be able to survive in the future if you don't use the Heart. If you would like to understand the role of the Heart, there are a few great books, one is "The Heart's Code" by Paul P. Pearsall, and another one is "Heart Math Solution" by Doc Childre and Howard Martin. If you read these two books, you'll be amazed by the role of the Heart.*

*Kamlesh Patel,  
Global Guide Heartfulness*



*The health and well-being of the citizens is the foundation for the welfare and prosperity of the country. Such conferences would inspire and provide new ideas towards this goal.*

*We should open the doors and encourage research at multiple places in the country.*

*If any university professor from different institutions, or even from ICMR would like to conduct research at Heartfulness Institute in Kanha Shanti Vanam, they are encouraged to do so.*

*Dr. Mansukh Mandaviya,  
Hon'ble Union Health Minister*





*This initiative will pave a new way for our journey, particularly for disease prevention and human health promotion. This integrative approach will always help human society to go for a better health care system in the country and abroad. This holistic approach is praiseworthy. I sincerely thank the speakers for contributing to this meaningful conference and creating an environment to help adopt a resolution for the future successful journey in this field. I visited Kanha, which is being nurtured under the guidance of Daaji. Because of this beautiful natural environment, the country's young generation has an opportunity to learn how to preserve nature and our medicinal plants and use it for better health.*

*Shri Sarabananda Sonowal,  
Hon'ble Cabinet Minister of AYUSH*



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*This is a very nice opportunity for all of us to discuss, explore, and share our views and experiences with each other, so that we go one step forward in the direction of integrative health.*

*I complement the organization for this important conference here in the 'right place', Kanha Shantivanam with the right and subtle spiritual environment, where all our positive energies come together.*

*Integrative health is bringing the best of the best together and use it, respecting each other for the mankind.*

*Vaidya Shri Rajesh Kotecha,  
Hon'ble secretary, Ministry of AYUSH*



*The team of the conference, IHW, signifies the integration of the model with the traditional.*

*The expansion of consciousness of the mind is important today. It allows the men to emphasize his own inner needs, and that of society in the world.*

*What is the meaning of Heartfulness , when the heart is full of love! When the heart is full of love, then it becomes peace. When peace is there, it is in the same line with nature.*

*Dr. M R Jayaram,  
Chancellor,  
MS Ramaiah University of Applied Sciences*



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*In this valuable learning process, I would like to add two things; one is Service and another one is Research. Research is not always something really noble or new but it is conceptualizing and going deeper into the knowledge domain and see how we can help the people who need us for which together we have the facilities of multi -dimensional, multi-specialization collaborations and I sincerely hope that this conference is a beginning. This is really a first Conference of its kind and I want to see infinite number of such discussions and deliberations.*

*I think if we had to live in peace let us try to see that how peace can be brought, how happiness can be brought, how together we can make this planet the memorable one to live in peace and harmony.*

*Togetherness is the definition of Heartfulness.*

*Prof. Kuldeep Kumar Raina,  
Vice Chancellor,  
MS Ramaiah University of Applied Sciences*



*To be healthy means that you are in peace with yourself,  
you are happy, and you are actually one with the nature.*

*Relief of suffering and empathy to your fellow beings is what  
medicine is all about.*

*Empathy, for the patients is an art rather than science.*

*Dr. Randeep Guleria  
Eminent Pulmonologist & Ex-director of AIIMS*

heartfulness  
advancing with compassion



# IHW 2022

Integrative Approach to Health & Wellbeing



INSPIRE  
INNOVATE  
INTEGRATE

**December 16 - 18**

ATTENDED BY

**450+**

ORAL & POSTER  
PRESENTATIONS

**25**

**18 BREAKOUT SESSIONS**  
*(Including Polarity)*

YOUTUBE  
VIEWS

**38K+**

PANEL  
DISCUSSIONS

**9**

*Stalls: Matrix, Xaant, Hearticulture,  
Quantumsounds, 3 Bookstalls (Authors: Sadhvi  
Bhagawati Saraswati, Dr. Krishnamurthy Jayanna,  
Peter Theobald), Forests by Heartfulness, Voice  
That Cares, Heartfulness Yoga Academy*



# Oral & Poster Presentations

## Oral Presentations

- O1. Does Integrative Approaches to Health Contribute to Self-Reliance in Primary Healthcare? Reflections from a Community Case Study in Kerala, India  
*Shivanand BS, Dr. Tushara M, Dr. Unnikrishnan PM, Dr. Krishnamurthy Jayanna*
- O2. Impact of Heartfulness Meditation on Understanding T Cell Immune Response on Heartfulness Practitioners  
*Dr. Mansee Thakur, Dr. Nishant Vyas, Krishna Suresh, Shubhangi Dubey, Sanjana Philip*
- O3. Effect of Heartfulness Meditation on Oxidative Stress Markers in Healthy Female Medical Students  
*Pujitha Kunati, Dr. Sharan B Singh M, Dr. V. Vanajakshamma, Dr. N. Sharvani, Dr. V. S. Kiranmayi*
- O4. Effect of Heartfulness Meditation Practices on Blood Pressure, NT-proBNP, Quality of Life and Mental Health in Patients with Hypertension  
*Dr. Vijaya Chandra Reddy Konda, Dr. Vanajakshamma V, Dr. Rajasekhar.D*
- O5. Integrative Medicine, Well-Being, and Disease Management: A Bibliometric Analysis  
*Dr. Tejaswini B, Dr. Krishnamurthy Jayanna*
- O6. Impact of a Integrative Neurocognitive Intervention on Lifestyle and Healthy Behavior: Results from an Exploratory Pilot in India  
*Jeevitha Ramesh, Dr. Krishnamurthy Jayanna, N.S. Nagaraja*
- O7. 'Lifelong Freedom from Chronic Disease: Is that even possible?'  
*Peter Theobald*
- O8. a. hTERT Gene Expression, Perceived Stress and Emotional Wellness in Long-Term Heartfulness Meditation Practitioners: A Cross-Sectional, Case Control, Non-Interventional Study  
  
b. Blood Pressure and Lipid Profile Status in Self-Reported Healthy Long-Term Heartfulness Meditators: A cross-sectional, case-control, non-interventional study  
*Parmita Contractor, Dr. Prabhudas Patel, Dr. Kinjal Patel, Dr. Kruti Mehta*
- O9. Spirituality: A Determining Factor for Alcohol Use among the Adult Male of Bareilly District, UP  
*Dr. Himalaya Singh, Dr. Hari Shanker Joshi, Dr. Rashmi Singh*

# Poster Presentations

## P1. An In-Depth Understanding of Heartfulness Meditation

*Aruvi Kaniamuthan, Alexius Weng Onn Cheang*

## P2. Evaluation of Effectiveness and Feasibility of Integrative Health Interventions (Meditation) On Mental Wellness Management

*Dr. Vinod K.Ramani, Dr. Tejaswini B.D, Dr. Subramaniam M.T, Dr. Anjana Sathyamurthy, Dr. Krishnamurthy Jayanna*

## P3. Healing by Roots

*Dr. Radhika S Bandawala*

## P4. Sai Vibrionics - An Innovative, Inspiring and Integrated System of Alternative Healing

*Dr. Policherla Jagadeesh, Dr. P Vijayalakshmi*

## P5. The Impact of Heartfulness Meditation and Audio & Visual Brain Stimulation Programs with Specific Frequencies on Increasing Self-Esteem

*Dr. Marcel Lordache, Stefan Popa*

## P6. A Study on Negative Affectivity and Social Inhibition Components of Type D Personality and their Correlation with Depression Among Undergraduate Dental Students.

*Dr. Policherla Jagadeesh, Dr. P Vijayalakshmi*

## P7. Effects of Heartfulness Meditation Practice on Subjective Wellbeing: A Review of Empirical Studies

*Dr. Sudha Tadinada, Dr. Mohandas Hegde*

## P8. Prevalence and Awareness Study about Imposter Syndrome among Physiotherapy Students and Professionals: A Cross - Sectional Analysis

*Dr. Pooja Mahaseth*

## P9. Effect of Purifying Consciousness on Enriching Awareness and Total Physical Well-Being

*Dr. Prakash Sundardas Adwani*

## P10. Scope of Integrative Medicine in Primary Health Centers in India

*Dr. Sugandha B K, Dr. Krishnamurthy Jayanna*

## P11. Snap Shot of Sleep Hygiene and Sleep Quality Among Medical Students of Different Academic Years of Study in a Medical College, Navi Mumbai

*Dr. Madhavi Mankar, Dr. Akatya Vidushi*

## P12. Youth Dynamism and Wellbeing - A Qualitative and Quantitative Analysis in the Development of Social Intelligence among Youth in Heartfulness Training

*Dr. Sumati Nag, Dr. Yamini Karmakar*

## P13. Cultivating Physical, Emotional, Mental and Spiritual Well-Being – A Case Study on Heartfulness Practices

*Dr. Rikita Swaroop, Dr. Santhanam Balaraman, Dr. P. Venkateswara Rao, Dr. Brinda T S, Dr. Rajeshwari Hegde*

## P14. Reckoning of Prevalence of Stress, Confronting Symptoms & Strategema Coping with Stress Management during the Coronavirus Pandemic - A Cross Sectional Study

*Manoharan Haripriya, Dr. V.Vanajakshamma, Dr. Sharan B Singh, Dr V.S.Kiranmayi, Kishorenaik D.*

## P15. Effect of a Brief Heartfulness based Start 'U'p programme on Anxiety and Stress in Para Medical Students

*Sanjana T. Philip, Dr. Neelam Yeram, Subodh Rahate, Sudha Peri, Dr. Kapil Thakur, Dr. Mansee Thakur*

## P16. Popular Trends of Integrative Approach Towards Health and Well-Being

*Mallepalli Bhaskar, Dr. Shivani*

## P17. Integrative Approach to Psychosomatic Disorders Management

*Dr. Sankar Narayana Chitracheti, Mallepalli Bhaskar, Dr. Mohandas Hegde*

## P18. Comparative Study to Assess the Effects of Heartfulness Meditation Practices and Physical Exercise in Coping Stress

*Dr. Vishal Chopra, Dr. Neeta Dwivedi*



P19. Architecture for a Meaningful Well-Being

*Venkata Krishna K. Sadhu, Monica M, Dr. Ramesh Srikonda, Dr. Kailasa Rao M*

P20. The Effects of Forest Therapy / Forest Bathing in Promoting Physical and Mental Well-Being

*Prakash Gopal*

P21. Healthy Lifestyle - Reverse Diabetes Type 2

*Dr. Som R. Soni*

P22. Lifestyle Medicine (LM) Program for Physician Health and Wellness

*Dr. Sarah S Jones, Dr. Alpana Soni, Dr. Huma Javed, Dr. Jaime Y Betters, Dr. Lisa T Ryujin*

P23. Effect of Warm Turmeric Milk on Sleep Quality: A Quasi-Experimental Study

*Madhu Priyadarshini. M, Dr. Geetha B Shetty, Dr. Prashanth Shetty*

P24. Role of Integrative Oncology Practices in Symptom Management in Cancer Patients: A Report on 2 Cases.

*Dr. Dipika Bumb*

P25. Traditional Foods as a Source of Balanced Diets Towards Health & Well-Being

*Dr. Renuka Meti, Vijayalakshmi Chittaragi, Tejaswini Padakatti*



# HEARTFULNESS YOUNG RESEARCHERS AWARD 2022



**ARUVI KANIAMUTHAN**  
Psychology Graduate, IMU, MALAYSIA  
Founder of Mently

**Research focus :**

- Heartfulness Youth Community
- Physical, Mental & Spiritual Health



**GHAZAL YADAV**  
First Year Undergraduate,  
TAMU PreMed

**Research focus :**

- Neuroscience & Integrative Health
- Meditation & Mental Health



**PRAKASH CHALAGULLA**  
High School Senior, Hyderabad, INDIA

**Research focus :**

- Mental Health App 'SOLACE'
- Neuroscience & Meditation



**SIDDHARTH SREENIVASAN**  
High School Senior, Austin, TX

**Research focus :**

- Neuroevolutionary Algorithms
- Loneliness, Mental Health & Meditation



**LAYA IYER**  
Second Year Undergraduate, Stanford Computer Sc. &  
Psychology & Co-founder, 'Code for Nonprofit'

**Research focus :**

- Mental Health App 'HeartBot'
- Stress Management & Emotional Well-being



**LINA IYER**  
High School Senior, Novi, MI  
Student Mental Health - Committee Officer

**Research focus :**

- Loneliness, Anxiety, Mental Health & Meditation
- Epigenetics



**PRIYA IYER**  
High School Junior, Novi, MI  
Co-founder, Student Wellness & Leadership  
(SWL) Movement

**Research focus :**

- Loneliness, Anxiety, Mental Health & Meditation
- Digital Apps





**VETRILAA KUMAR**

Second Year Undergraduate, UT, Dallas  
Economics & Computer Science

**Research focus :**

- *Mental Wellness*
- *Technological Resources*



**SIDHYA SRIRAM**

First Year Undergraduate, Rutgers, NJ  
Psychology

**Research focus :**

- *Self-Care through Heartfulness*
- *Loneliness & Mental Health*



**SMRITI NARAYANAN**

High School Senior, Austin, TX

**Research focus :**

- *Molecular and Cellular Biology & Animal Science*
- *Self-Care through Heartfulness*



**SUMEDHA VADLAPUDI**

Third Year Undergraduate, U-M Computer Sc. & Music

**Research focus :**

- *Mental Health & Wellness*
- *Healing Power of Music & AI*



**SUNGEETHA MURTHY**

Third Year Undergraduate, Stockton  
Health Sciences

**Research focus :**

- *Yoga, Meditation & Mental Health*
- *Pediatrics*





*Address by  
Dignitaries*



*Contemplative practices to combat Stress & Burnout*



*Future of Research on Contemplative practices & Consciousness*



*Heartfulness Published Research Discussion*



*Research Strategies to improve Community Wellbeing*



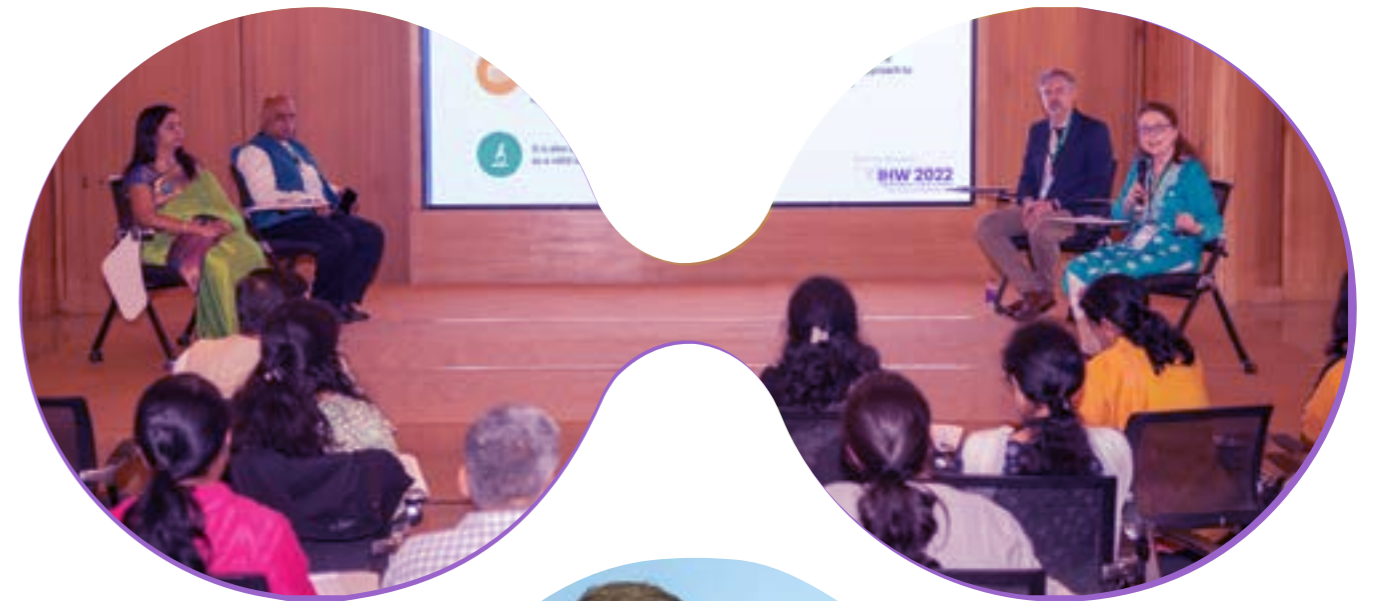
*Nurturing Youth towards Holistic Development*



*Overview of the Heartfulness Wellness Programs*



# Breakout Sessions



# Networking & fun!





Inspire. Innovate. Integrate.





heartfulnessconference



conference@heartfulnessinstitute.org



[www.heartfulnessconference.org](http://www.heartfulnessconference.org)

heartfulness  
advancing  with compassion