



अखिल भारतीय आयुर्विज्ञान संस्थान  
अंसारी नगर, नई दिल्ली - ११००२६ (भारत)  
ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
ANSARI NAGAR, NEW DELHI - 110029, (INDIA)

**Dr. Kanwal Preet Kochhar**

M.B.B.S. M.D. Ph.D, DNB  
Professor & Head  
Department of Physiology

दिनांक / Dated : ..... 19 Aug 2023 .....

Phone : 011-26594812, 26593588, 011-26546440

E-mail : [kpkochhar6@gmail.com](mailto:kpkochhar6@gmail.com), [kpkochhar6@aiims.edu](mailto:kpkochhar6@aiims.edu)  
[officekpk2022@gmail.com](mailto:officekpk2022@gmail.com)

**Subject: INVITATION- International Conference - "Medicine and Meditation – Elevating Healthcare through Humane Values and Spirituality"**

Dear All,

Namaskar and Pranam!

Our country, India has had a rich heritage of healing body, mind and soul and a connect with Yog, Naturopathy, Ayurveda and indigenous systems of medicine, the pharmacy of the world.

On the auspicious occasion of Azadi ka Amrit Mahotsav and Presidency of G-20 (One health, One family and One future), we at AIIMS, Delhi are organising an International Conference in collaboration with **Heartfulness Institute and All India Institute of Ayurveda** on the theme- **"Medicine and Meditation: Elevating Healthcare through Humane Values and Spirituality"** - from **August 23 to 25, 2023** at **AIIMS Auditorium, AIIMS New Delhi Campus**.

Taking this initiative forward, we shall strive to train medical and nursing students, laboratory and office staff to navigate the path of medical education with spiritual values in mind and moral compasses in hand. This also will symbolise and inaugurate NIVESHEM (National Initiative for Values, Ethics, Spirituality and Humanities for Excellence in Medical Care an Investment in our Future).

This conference aims to create a platform for academicians, researchers, healthcare professionals, and spiritual practitioners to explore the symbiotic relationship between medicine and spirituality. The event will delve into the crucial role of humane values, Indian spirituality, and meditation in elevating the healthcare system to new heights.

With an engaging program consisting of Plenary Sessions and Panel Discussions, the conference shall encompass a diverse range of themes to enrich the participants' understanding and practice in the field of healthcare. These thematic areas are as follows :-

1. Indian Values and Spirituality in Medicine
2. Evolution of Consciousness and Importance of Value System
3. Communication, Empathy, and Professionalism

4. Future of Well Being and Neuroscience of Enlightenment
5. Redeeming the Spirit of Medicine
6. Role of Meditation for Excellence in Healthcare
7. Socially impactful and value-laden approach to Healthcare
8. Spiritual Consciousness and Contemplative Practices

Our distinguished panel of speakers, composed of leading experts in medicine, spirituality, healthcare and related fields, will share their valuable insights and research at the conference. Furthermore, the conference offers participate an opportunity for networking and knowledge exchange, fostering collaborations among like-minded individuals and institutions.

**The interested participants may register and attend.**

For registration please visit :

<https://integrative-health-wellbeing-conf.netlify.app/>:

### **Registration and Accommodation**

Please find annexed the conference brochure which outlines the event registration details, program schedule, invited speakers and other relevant information.

Should you have any further inquiries regarding registration or require additional information, please feel free to reach out to our organising committee at [Dr. K.P. Kochhar; [kpkochhar6@gmail.com](mailto:kpkochhar6@gmail.com) ; mobile : 9871859100 ; office : 011-26593588; 011-26594812.

We eagerly await your positive response and hope to welcome you at the conference at AIIMS, New Delhi, in August 2023.

With warm regards,



Dr. Kanwal Preet Kochhar



डॉ. के.पी. कोचर, एम.डी., पी.एच.डी.  
Dr. K.P. Kochhar, M.D., Ph.D.  
आचार्या एवं अध्यक्ष/Professor & Head  
शरीरक्रिया विज्ञान विभाग/Deptt. of Physiology  
अखिल भारतीय आयुर्विज्ञान संस्थान  
All India Institute of Medical sciences  
नई दिल्ली/New Delhi-110029





**heartfulness**  
advancing in love



75  
आज़ादी का  
अमृत महोत्सव



## **Medicine and Meditation: Elevating Healthcare through Humane Values and Spirituality**

**Venue: Auditorium, AIIMS, New Delhi**

Day 1	Wednesday, August 23, 2023
9:00 am-10:00 am	<b>INTRODUCTION TO THE CONFERENCE</b> Welcome Address by Dr Srinivas M, Director – AIIMS, Delhi Conference Objectives and Expected Outcomes: Dr. Kanwal Preet Kochhar Felicitation & Addresses by Dr. Shiv Sarin, Dr. Kameshwar Prasad & Dr. Sushma Bhatnagar Concluding remarks by Dr. Jay Thimmapuram
10:00 am-11:00 am	<b>Introductory session on Heartfulness Meditation Practices</b>
11:00 am-11:30 am	<b>Refreshment break and Interaction</b>
11:30 am- 12:30 pm	<b>Plenary Session 1: Indian Values and Spirituality for Good Health and Well Being:</b> Hon'ble M.P. Dr. Sudhanshu Trivedi Ji, Dr. Ramesh Bijlani, Dr. Kanwal Preet Kochhar (C), Dr. Elizabeth Denley (C)
12:30 pm- 1:30 pm	<b>Plenary Session 2: Evolution of Consciousness and Importance of Value System :</b> Dr. Ashok Mukhopadhyay <b>Science and Spirituality in the Ayurvedic Tradition of Healing :</b> Dr. Rama Jayasundar Dr. C. S. Pandav (C), Dr. Krishnamurthy J (C)
1:30 pm- 2:30 pm	<b>Lunch</b>
2:30 pm – 3:30pm	<b>Panel Discussion 1: Communication, Empathy and Professionalism:</b> Pratap Sharan, Madhuri Taranikanti, Nand Kumar, Latha Venkatesan, Sujata Satapathy(C), Ekta Boudierlique (C)
3:30 pm - 4:00 pm	<b>Refreshment Break</b>
4:00 pm- 5:00 pm	<b>Special Plenary Session – Dr Deepak Chopra- Future of Well Being and Neuroscience of Enlightenment</b> Raj Kumar Yadav (C), Siddharth Sarkar (C)
5:00 pm- 5:30 pm	<b>Guided Meditation Session</b>
Day 2	Thursday, August 24, 2023
9:00 am – 11:00 am	<b>CONFERENCE INAUGURAL SESSION</b> <i>Saraswati Vandana followed by cultural performance</i> Welcome Note by Dr Srinivas M- Director AIIMS Key Note Address – Shri Vaidya Rajesh Kotecha, Secretary Ministry of AYUSH Key Note Address Dr Tanuja Nesari (Director AIIA) Special Addresses by Guests of Honour Conference Inaugural Address: Chief Guest Talk by Pujya Daaji, Shri Kamlesh D. Patel – Global Guide of Heartfulness <i>(Followed by Guided Meditation Session conducted by Pujya Daaji)</i>
11:00 am-11:30 am	<b>Refreshment Break</b>
11:30 am-12:30 pm	<b>Plenary Session 3: Redeeming the Spirit of Medicine</b> Shobhana Rana, David Shumway Jones, Shaunaka Rishi Das, Abha Mehndiratta (C)
12:30 pm – 1:30 pm	<b>Plenary Session 4: Role of Meditation for Excellence in Healthcare</b> K.K Deepak, Anant Biradar, Bharat Shah, BK Vidhatri, Rima Dada (C), Jayaram Thimmapuram(C)
1:30 pm -2:30 pm	<b>Lunch</b>
2:30 pm – 3:30 pm	<b>Panel Discussion 2: Socially impactful and value-laden approach to Health Care</b> Sanjay Wadhwa, Swadeep Srivastava, Sanjay Rai, Anju Dhawan (C), Akshay Anand (C)
3:30 pm-4:30 pm	<b>Poster Presentations</b>
4:30 pm- 5:00 pm	<b>Tea Break</b>
5:00 pm- 6:00 pm	<b>Plenary Session-5 on “Unmasking Professionalism: Heartful Communication”</b> Liz Kingsnorth, Snehal Deshpande (C)
7:00 pm-9:00 pm	<b>Banquet Dinner</b>
Day 3	Friday, August 25, 2023
9:00 am-10:00 am	Welcome Note by Dr Srinivas M- Director AIIMS Key Note Address- Dr. Barry Kerzin, Dr. Rahul Mehrotra Special Conference Address by Guest of Honour
10:00 am-11:00 am	<b>Demonstration &amp; Presentation Session</b> Brighter Minds – Nurturing Young Minds
11:00 am-11:30 am	<b>Refreshment Break</b>
11:30 am-1:00 pm	<b>Panel Discussion 3: Spiritual Consciousness and Contemplative Practices for Elevating Healthcare:</b> Bindu M Kutty, Usha Kiran, Reeta Dahiya, Govinda Trivedi, Veronique Nicolai (C), Suman Jain (C)
1:00 pm-1:30 pm	<b>Valedictory Session</b>
1:30 pm	<b>Lunch</b>

(C)= Chairperson/Convenor

18-08-2023- 02:22 pm



# Medicine and Meditation

Elevating Healthcare through  
Humane Values and Spirituality

**August 23-25, 2023**

Venue: All India Institute of Medical Sciences (AIIMS),  
New Delhi



**heartfulness**  
advancing in love

A Scientific Conference Co-organized by  
ALL INDIA INSTITUTE OF MEDICAL SCIENCES,  
ALL INDIA INSTITUTE OF AYURVEDA AND  
HEARTFULNESS INSTITUTE



Integrative approaches and spirituality are increasingly recognized worldwide to promote health and well-being. There has been a surge of mental disorders and physical illnesses in the community over the recent years post COVID -19 pandemic. Healthcare professionals too are impacted by stress, burnout, unhealthy use of technology, lack of quality sleep, and a lifestyle incompatible with natural rhythm. Cultivating a holistic approach to emotional, mental, and spiritual well-being has become imperative. This scientific conference is an opportunity for healthcare professionals, wellness practitioners, scholars, and researchers to connect and inspire a change in our approach toward well-being.

## THE VENUE

The Congress will be held at the sprawling campus of the All-India Institute of Medical Sciences (AIIMS), New Delhi, a multi-specialty largest public hospital and medical college in India. Established in 1956, it is the premier medical institute in India. AIIMS New Delhi was ranked 123rd in the world in 2023 and first in South Asia in the category of Life Sciences and Medicine by QS WUR in 2022. The institute was also featured in the World's Best Hospitals 2020- Top 100 by Newsweek and ranked 22nd in the world by Ceoworld Magazine in 2022. According to the National Institutional Ranking Framework-2023, the All India Institute of Medical Sciences(AIIMS) in Delhi is once again ranked first among medical colleges. The top institution won the award six times in a row. According to a number of criteria, including teaching, learning, research, outreach, and perception, the rankings of higher education institutions across the nation were announced by the Ministry of Education.

## WHO SHOULD ATTEND?

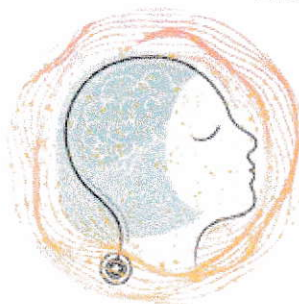
- Physicians, nurses, allied healthcare professionals
- Healthcare professional students
- Researchers in traditional well-being practices
- Seekers of reflective learning and wisdom practices.

## PROGRAM OFFERINGS

- A spiritually conscious, socially impactful, and value-laden approach to care and healing.
- Keynote and plenary sessions
  - Meditation sessions
  - Talks and poster presentations
  - Breakout and interactive sessions

## OVERARCHING THEMES

1. Limitations of current medical care and education.
2. Reclaiming the joy in medicine.
3. The crucial role of the "human being" in medical training.
4. The spiritual needs of patients receiving palliative and end-of-life care.
5. Meditation and yoga in the healing process.
6. Medical Ethics: Quality enhancement, responsible uses of AI and ML.
7. Role of compassion and grace in handling human lives.
8. The emotional and mental well-being of the patient, caregiver, and the community.
9. Daily practice of gratitude.
10. Passing the baton to future generations.



## KEY TAKEAWAYS

1. Lay a strong foundation for ethics and values across medical professionals.
2. Focus on student education and wellbeing.
3. Address ways to reduce stress and enhance the mental health of patients and healthcare professionals.
4. Learn tools for empathy and caring communication skills.



## AGENDA

### DAY 1

Health and  
Values

### DAY 2

Contemplative  
Well-being  
Practices

### DAY 3

Self-Care and  
the Future of  
Humanity

## INVITED GUESTS



**Pujya Daaji,  
Shri Kamlesh D Patel**  
Global Guide of Heartfulness



**Dr. Tanuja Nesari**  
Director, All India Institute of  
Ayurveda, New Delhi



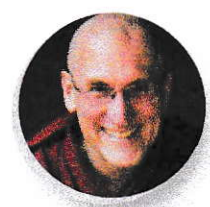
**Dr. Deepak Chopra**  
Indian-American Author and  
Alternative Medicine Advocate



**Dr. Sudhanshu Trivedi**  
Member of Rajya Sabha



**Dr. Ramesh Bijlani**  
Retired Professor of Physiology,  
AIIMS, Delhi



**Dr. Barry Kerzin**  
President and Chairman, Altruism  
and Medicine Institute, University  
of California



**Dr Chinmaya Pandya**  
Pro Vice Chancellor,  
Dev Sanskriti Vidyalyaya



**Dr. Elizabeth Denley**  
Ph.D., Editor-in-Chief,  
Heartfulness Magazine



**Brahmakumari Vidhatri**  
Rajyoga Shikshika,  
Brahmakumaris



**Shobhana-Rana**  
Founder and CEO,  
The Kareri Group



**Dr. Jayaram Thimmapuram**  
Academic Hospitalist, Clinical Adjunct  
Professor of Medicine,  
WellSpan York Hospital,  
PA, United States



**Dr. Rahul Mehrotra**  
Chief of Clinical & NonInvasive  
Cardiology, Artemis Hospitals,  
Gurugram





**Dr. Sujata Satapathy**  
Professor,  
Department of Psychiatry,  
AIIMS, New Delhi



**Dr. Snehal Deshpande**  
Physiotherapist, Director,  
Heartfulness Wellness - CME &  
Divya Janani, Heartfulness Institute



**Dr. Veronique Nicolai**  
MD, Paediatrics,  
Director, Heartfulness  
Yoga Academy



**Dr. Suman Jain**  
Professor, Faculty incharge Neurophysiology  
& Nanomedicine lab, Faculty incharge Brain  
Stimulation and Neuromodulation lab,  
Department of Physiology, AIIMS New Delhi



**Dr. Abha Mehendiratta**  
Non resident fellow, Center for Global  
Development and Faculty &  
Improvement Advisor, Institute Health  
Care Improvement (IHI)



**Dr. Sanjay Wadhwa**  
Professor &  
Head Department of PMR,  
AIIMS New Delhi



**Dr. Krishnamurthy Jayanna**  
Professor and Dean  
Ramaiah University of  
Applied Sciences



**Dr. Rajkumar Yadav**  
Professor, Department of Physiology,  
Incharge of Integral health clinic,  
AIIMS New Delhi



**Liz Kingsnorth**  
Global Director,  
Heartful Communication



**Dr. David Shumway Jones**  
Professor of the Culture of Medicine  
Centre for Bio Ethics  
Harvard Medical School



**Shaunaka Rishi Das**  
Director, Oxford Centre  
for Hindu Studies



**Dr. Anant Biradar**  
Member of Ayush Ministry  
and National President of  
INO



**Akshay Anand**  
Professor, Neuroscience  
Research lab,  
PGI, Chandigarh



**Ekta Boudierlique**  
National Coordinator,  
Heartful Education



**Dr. Chandrakant S Pandav**  
Former Prof & HOD,  
Community Medicine,  
AIIMS, News Delhi



**Dr. Kanwal Preet Kochhar**  
Professor & Head, Incharge Cognitive  
Neurophysiology & Nutrition Lab,  
Department of Physiology,  
AIIMS New Delhi



**Dr. M Srinivas**  
Director,  
AIIMS, New Delhi

To register, please follow the below link:

<https://integrative-health-wellbeing-conf.netlify.app/>







**heartfulness**  
advancing in love



75  
आज़ादी का  
अमृत महोत्सव



## Medicine and Meditation: Elevating Healthcare through Humane Values and Spirituality

*Venue: Auditorium, AIIMS, New Delhi*

Day 1	Wednesday, August 23, 2023
9:00 am-10:00 am	<b>INTRODUCTION TO THE CONFERENCE</b> Welcome Address by Dr Srinivas M, Director – AIIMS, Delhi Conference Objectives and Expected Outcomes: Dr. Kanwal Preet Kochhar Felicitation & Addresses by Dr. Shiv Sarin, Dr. Kameshwar Prasad & Dr. Sushma Bhatnagar Concluding remarks by Dr. Jay Thimmapuram
10:00 am-11:00 am	<b>Introductory session on Heartfulness Meditation Practices</b>
11:00 am-11:30 am	<b>Refreshment break and Interaction</b>
11:30 am- 12:30 pm	<b>Plenary Session 1: Indian Values and Spirituality for Good Health and Well Being:</b> Hon'ble M.P. Dr. Sudhanshu Trivedi Ji, Dr. Ramesh Bijlani, Dr. Kanwal Preet Kochhar (C), Dr. Elizabeth Denley (C)
12:30 pm- 1:30 pm	<b>Plenary Session 2: Evolution of Consciousness and Importance of Value System :</b> Dr. Ashok Mukhopadhyay <b>Science and Spirituality in the Ayurvedic Tradition of Healing :</b> Dr. Rama Jayasundar Dr. C. S. Pandav (C), Dr. Krishnamurthy J (C)
1:30 pm- 2:30 pm	<b>Lunch</b>
2:30 pm – 3:30pm	<b>Panel Discussion 1: Communication, Empathy and Professionalism:</b> Pratap Sharan, Madhuri Taranikanti, Nand Kumar, Latha Venkatesan, Sujata Satapathy(C), Ekta Boudierlique (C)
3:30 pm - 4:00 pm	<b>Refreshment Break</b>
4:00 pm- 5:00 pm	<b>Special Plenary Session – Dr Deepak Chopra- Future of Well Being and Neuroscience of Enlightenment</b> Raj Kumar Yadav (C), Siddharth Sarkar (C)
5:00 pm- 5:30 pm	<b>Guided Meditation Session</b>

Day 2	Thursday, August 24, 2023
9:00 am – 11:00 am	<b>CONFERENCE INAUGURAL SESSION</b> <i>Saraswati Vandana followed by cultural performance</i> Welcome Note by Dr Srinivas M- Director AIIMS Key Note Address – Shri Vaidya Rajesh Kotecha, Secretary Ministry of AYUSH Key Note Address Dr Tanuja Nesari (Director AIIA) Special Addresses by Guests of Honour Conference Inaugural Address: Chief Guest Talk by Pujya Daaji, Shri Kamlesh D. Patel – Global Guide of Heartfulness <b>(Followed by Guided Meditation Session conducted by Pujya Daaji)</b>
11:00 am-11:30 am	<b>Refreshment Break</b>
11:30 am-12:30 pm	<b>Plenary Session 3: Redeeming the Spirit of Medicine</b> Shobhana Rana, David Shumway Jones, Shaunaka Rishi Das, Abha Mehndiratta (C)
12:30 pm – 1:30 pm	<b>Plenary Session 4: Role of Meditation for Excellence in Healthcare</b> K.K Deepak, Anant Biradar, Bharat Shah, BK Vidhatri, Rima Dada (C), Jayaram Thimmapuram(C)
1:30 pm -2:30 pm	<b>Lunch</b>
2:30 pm – 3:30 pm	<b>Panel Discussion 2: Socially impactful and value-laden approach to Health Care</b> Sanjay Wadhwa, Swadeep Srivastava, Sanjay Rai, Anju Dhawan (C), Akshay Anand (C)
3:30 pm-4:30 pm	<b>Poster Presentations</b>
4:30 pm- 5:00 pm	<b>Tea Break</b>
5:00 pm- 6:00 pm	<b>Plenary Session-5 on “Unmasking Professionalism: Heartful Communication”</b> Liz Kingsnorth, Snehal Deshpande (C)
7:00 pm-9:00 pm	<b>Banquet Dinner</b>

Day 3	Friday, August 25, 2023
9:00 am-10:00 am	Welcome Note by Dr Srinivas M- Director AIIMS Key Note Address- Dr. Barry Kerzin, Dr. Rahul Mehrotra Special Conference Address by Guest of Honour
10:00 am-11:00 am	<b>Demonstration &amp; Presentation Session</b> Brighter Minds – Nurturing Young Minds
11:00 am-11:30 am	<b>Refreshment Break</b>
11:30 am-1:00 pm	<b>Panel Discussion 3: Spiritual Consciousness and Contemplative Practices for Elevating Healthcare:</b> Bindu M Kutty, Usha Kiran, Reeta Dahiya, Govinda Trivedi, Veronique Nicolai (C), Suman Jain (C)
1:00 pm-1:30 pm	<b>Valedictory Session</b>
1:30 pm	<b>Lunch</b>

(C)= Chairperson/Convenor

18-08-2023- 02:22 pm