

# 3rd International AYUSH Conference and Expo 2026

## Yoga & Naturopathy Poster Schedule

DATE: FEB 17 | TIME: 10 AM – 1 PM

| Sl. No | Abstract No | Topic / Title   | Author / Presenter             |
|--------|-------------|---|--------------------------------|
| 1      | 1210        | Design and Development of the Alpha Version of a Virtual Reality-Based Mindfulness Module: A User-Centered Protocol     | Dr. Manoj Ghosh                |
| 2      | 1485        | Benefits of Yoga in Antenatal Care: A Review  | Dr. Anushka Gavde              |
| 3      | 1640        | Evidence for OM Chanting and Humming as Fast-Acting Stress Interventions  | Mrs. Rajalakshmi Venkataramani |
| 4      | 1692        | Healthy Aging & Longevity   | Mrs. Jahnavi Joshi             |
| 5      | 1767        | Yoga for Chronic Low Back Pain  | Dr. Rucha Kelkar               |
| 6      | 1986        | The Role of NDA Yoga in Enhancing Prenatal Development and Maternal Well-being  | Ms. Hena                       |
| 7      | 2019        | Phase-Wise Chemotherapy Cycle-Aligned Yoga for Recovery, Resilience, and Physiological Balance                          | Mrs. Raminder Kaur             |
| 8      | 2070        | Yoga for the Elderly: Safety, Adaptations, and Modifications  | Mrs. Asha Prajapat             |
| 9      | 1829        | Yoga Sadhanama Sangeet ko Mahatwa: The Role of Music in Eastern Yogic Practice  | Mr. Madhab Prasad Dhakal       |
| 10     | 1853        | Yoga Practice as a Holistic Pathway for Enhancing Child Health, Growth, and Well-Being                                  | Mrs. Mokshada Amitabh Kulkarni |
| 11     | 1121        | The Psychological Consequences of Conditional Love and Emotional Neglect in Childhood Affecting Adulthood               | Dr. Seema Nambiar              |
| 12     | 1440        | Bringing Authentic Yoga to the Workplace: The Role of YCB-AYUSH Certification in Corporate Wellness Programs            | Dr. Vikas Rajendra Chothe      |
| 13     | 1511        | From Chaos to Clarity: A Novel Experiential Method Rooted in the Yoga Sutras to Support Cross-Cultural Mental Wellbeing | Mrs. Hema Laxman               |
| 14     | 1144        | Precision Yoga Therapy: A Paradigm Shift from General Protocols to Individualised Therapy                               | Vetrivendan Rathinavelu        |
| 15     | 1408        | IV Therapies in Cancer: An Evidence-Informed Approach to Metabolic and Immune Effects                                   | Dr. Heidi Kussmann             |

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|---------------|--------------------|---|--------------------------------|
| 16            | 1819               | Therapeutic Potential of Ashwagandha (Withania somnifera) for Male Infertility: An Evidence-Based Narrative Review  | Dr. Pradeep T.                 |
| 17            | 1821               | Effectiveness of Hot or Warm Foot Bath Therapy for Reducing Fever: A Systematic Review                              | Dr. Sangamithraa               |
| 18            | 1202               | Comparative Study of Six Pillars of Lifestyle Medicine and Gandhian Views on Healthy Living                         | Mrs. Rajalakshmi Venkataramani |
| 19            | 2076               | Integration of Jal Neti and Hridra Khand (Curcuma Longa) in the Management of Allergic Rhinosinusitis: A Case Study | Shivani Chauhan                |