

# INTERNATIONAL CONFERENCE IN INTEGRATIVE MEDICINE (ICIM) - SINGAPORE



## Theme Ayurveda For Cancer

*“Challenges And Opportunities For  
Integrated Remedies For Cancer”*

Uc **ਯੁਗਿੰਤਨ ਪੁਰੋਗ੍ਰਹ**  
**ਅਧੁਨਿਕ ਚਿਕਿਤਸਾ**

**Date of Conference**  
**4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Sept 2020**

**Venue:** 14D Jalan Masjid Kingston,  
Terrace #01-01 Singapore 418935  
**LIVE ON ZOOM , FACEBOOK LIVE & YOUTUBE LIVE**

**Website** - [www.icim.sg](http://www.icim.sg)  
**E-mail** - [Admin@icim.sg](mailto:Admin@icim.sg)  
**Call Us** - (+65) 8321 6170



## Aim:

To bring awareness towards Yoga, Ayurveda and Integrative therapy for cancer patients.

## Objectives:

- To develop research protocol for complementary therapy for cancer with yoga therapy and Ayurveda therapy.
- To bring scientific validity of yoga therapy and Ayurveda therapy as complementary medicine in Singapore.
- To develop scientific team for writing research proposal to Ministry of Health of Singapore for Ayurveda, Yoga therapy and Integrative medicine.
- To train Yoga teacher and Ayurveda teachers to become scientific trained therapist who can hold the torch of therapy as complementary medicine.
- To show and develop a bond between cancer patients and yoga teacher which can help to add life into years instead of only adding years into life.
- To overcome population from the myth of yoga as just fitness regime and Ayurveda as oil massage to a scientific validated therapeutic. science.

## Timeline:

- Calling clients on cancer treatment or remission for yoga sessions- **March 2020.**
- 2 Yoga sessions will be complementary for introductory purpose- **April 2020 to Aug 2020.**
- Attendance on conference for understanding about research and possibilities by medical and scientific experts- **4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Sept 2020, Live on Zoom , Facebook Live & Youtube Live.**
- Publication and distribution of souvenir with abstracts on cancer research- **Sept 5th, 2020.**
- Publications of conference proceedings- **Nov 2020.**

## Team for Agenda:

- 30 Volunteers** of Yoga / Ayurveda teachers for giving classes.
- 50 Organizers** and volunteers for planning events in conference.
- 15 Speakers** for conference.
- 10 Scientific** team members.

# Ayurveda for Cancer



**Paramhansa Swami  
Sacchidananda Ji Maharaj**  
Spiritual Guru and Mentor



**Dr. Dhiman**  
Director General,  
CCRAS

**Dr. Balendu Prakash**  
Founder & Medical  
Director VCPCRF



**Dr. B R Ramakrishna**  
BAMS, MD, PhD  
Vice Chancellor,  
SVYASA University

**Mr. John Kepner**  
Executive Director  
IAYT



**Dr. Satyam Tripathi**  
Principal & Clinical Research,  
Union Yoga Ayurveda

**Dr. Ahalya Sharma**  
JD-Ayush  
Principal GAMC



**Dr. Sriranjini Jaideep**  
MD, PhD  
(Neurophysiology)  
NIMHANS

**Dr. Shreyes S.**  
Academic Director,  
Doctor AYUSH



**Dr. Patil N.J.**  
Associate Professor &  
Head of Dept. of  
Integrative Medicine

**Dr. Kashinath G. Metri**  
Clinical researcher and  
yoga therapy &  
Ayurveda consultant



**Master Ganesh Prasad**  
Master in Science  
of Yoga Therapy

**Master Saumik Bera**  
Yoga Master, International  
Yoga Teacher, and  
Practitioner



**Master Prashant Singh**  
Master Yoga Trainer  
& Therapist

**Master Victor Chng**  
Yin Yoga Master



# Schedule || Conference Program Overview

## Conference Program: Sept 4 – 6, 2020

Friday, 4 September 2020	
Singapore Time (GMT +8)	Program
	Theme: Effect of Integrative Medicine on Side Effects of Cancer and Its Management.
7:00 – 8:00 pm	<b>Dr B R Ramakrishna</b>
8:00 – 9:00 pm	<b>Dr Shreyes</b>
9:00 – 10:00 pm	<b>Dr Sriranjini Jaideep</b>

Saturday, 5 September 2020	
	Theme: Is Chemotherapy & Radiotherapy Useful in Stage 3 & Stage 4? How can Integrative Medicine compliment?
11:00am – 12:00 pm	<b>Prof Vd. K.S. Dhiman</b>
	Theme: Is it more stressful to Overcome from Cancer or from Anxiety of Cancer and Its Conventional Treatment?
2:00 – 3:00 pm	Evidently Effective Treatment of Leukemia through Rasaushedis <b>Dr Vaidya Balendu Prakash</b>
4:00 – 5:00 pm	Practical Session 1: Yoga for Cancer

Sunday, 6 September 2020	
10:00 – 12:00 noon	Panel Discussion: Why Ayurveda, Yoga & Integrative Holistic Medicine is Lagging Behind?
10:00 – 12:00 pm	Moderator: Dr. Satyam Tripathi Medical Panel:(Ayurveda Panel) Dr Ahalya Sharma, Prof Dhiman, Dr Balendu, Dr Nitin Patil
12:00 – 1:00 pm	Data Presentation <b>Kiran / Sandra / Mika / Babara</b>

## CALL FOR CANCER CLIENTS

### FREE YOGA CLASSES BY OUR YOGA TEACHERS

#### Team A-

Those who are already undergoing conventional treatment.

Practices to be given are:

1. Breathing practices
2. Small Joint movements with breathing
3. Relaxation mindfulness practice of deep relaxation

#### Team B-

Those who are treated with cancer and now on remission.

Practices to be given are:

1. Breathing practices
2. 8 simple poses
3. Eight steps of Moving mindful practices with Relaxation



Whatsapp or Call 83216170 / 81337608  
[www.unionyogaayurveda.com.sg](http://www.unionyogaayurveda.com.sg)

# Paper Presentation and Poster Abstracts for ICIM- 2020

## Ayurveda Yoga for Cancer

Research in Ayurveda and yoga therapy is growing solidly around the globe.

**ICIM-2020** is a perfect opportunity for new as well as established researchers to share their work.

The Scientific Program Committee invites you to submit your research in the form of a one-page abstract for paper and poster presentation at the **2020**.

**Theme:**"Challenges And Opportunities For Integrated Remedies For Cancer"

**Date of conference - 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Sept 2020**

We welcome scholarly research-based submissions related to any tradition or aspect of Yoga& Ayurveda

**Proposals may be submitted starting Friday, April 24.**

**Important dates:**

Abstract submission deadline: **June30, 2020**

Acceptance notification: **August 5, 2020**

Registration deadline: **August 25, 2020**

The Scientific Program Committee invites you to submit your research in the form of a one-page abstract (250 words including spaces) for Oral and poster presentation at the **ICIM-2020** . We welcome scholarly research-based submissions related to any tradition or aspect of Yoga& Ayurveda. While general literature reviews are not acceptable, we welcome meta-analyses or rigorous systematic reviews of original yoga research literature. Case study abstracts are also welcome. Authors with a background in Yoga, Ayurveda, integrative health care, and/or scientific research are all encouraged to submit.

Abstracts must include unpublished research data analyses. Abstracts based on analyses that have been formally published by the abstract submission date will not be accepted. Abstracts based on secondary and additional analyses on existing data are acceptable even if the data have been published. Abstracts, posters and materials that have been presented at other meetings are welcomed as long as these materials have not been formally published. However, abstracts that describe study design and methods for well-developed and/or funded studies may be considered for poster presentation depending on abstract quality.

All abstracts will be anonymously peer reviewed, scored, and chosen on merit for poster presentation during **ICIM-2020**. Top accepted abstracts will be published in a supplement to the Journal of Integrative Medicine Case Reports, which will be available to all participants.

Individuals whose abstracts are selected will be required to register for the meeting abstracts from authors who do not register will not be accepted.

# Scientific Committee



**Dr Akshay Anand, PhD**  
Professor, Department of Neurology PGIMER  
Editor in Chief, Annals of Neurosciences  
Editor in Chief, Journal of Integrative Medicine Case Report (JIMCR)  
Visiting Professor of Kyoto University of Medicine,

**Ms. Poonam**  
Assistant Scientific  
Coordinator

**Dr. Pranav Khavale**  
Assistant Scientific  
Coordinator

**Organized By-**  
*Union Yoga Ayurveda*

## Organizing Committee

Dr Satyam Tripathi

Th. Jjoyce Chong | Master Prashant Singh | Master Ganesh Gairola | Dr Shivani Khurana | Th. Nooraini Aliyas |  
Th. Aw Mayling | Th. Serene Teo | Th. Ruffina Ng | Parnella Rayappan | Th. Chew Beysan | Th. Catherine |  
Th. Elise Toy | Th. Kiran Shenoy | Th. Nurulhuda | Th. Yolande Ang | Th. Petra Egg | Tr Jesslyn Lim |  
Th. Phang Juan Juan | Th. Sik Banhuei

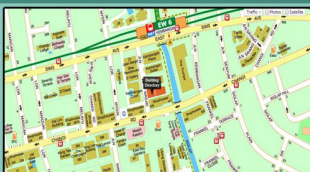
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OUTRAM PARK



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