



SECOND ANNOUNCEMENT



## CONFERENCE ON STRESS REDUCTION SKILLS: SCIENTIFIC UPDATE

ORGANIZED BY  
Sri Sri Global Meditating Doctors Association  
(Sri Sri GMDA) and Department of Psychiatry,  
All India Institute of Medical Sciences

Dates: 30<sup>th</sup> and 31<sup>st</sup> August 2014  
Venue: Dogra Hall (Auditorium), IIT Delhi

CHIEF GUEST AND KEY NOTE SPEAKER  
His Holiness Sri Sri Ravi Shankarji

### OBJECTIVES OF THE CONFERENCE

- Reviewing scientific evidence related to stress reduction including studies on Yoga/Meditation/Sudarshan Kriya/Psychological methods.
- Create awareness about this research among medical community so that a large number of people can benefit from these methods.
- Encourage further research in this area.

### THEMES

Overview of research on stress reduction through meditation.

Symposium on Stress among medical students and professionals including research on psychological methods/yoga/meditation to reduce stress.

Research on Sudarshan Kriya Yoga, Iyenger Yoga, Vipassana Meditation, Research at SVYASA, Mindfulness based meditation.

Symposium on biological research on meditation /SKY including studies on EEG, physiological parameters among others.

Symposium on yoga/meditation and mental Health including research on Depression, Anxiety Disorder, PTSD etc.

Research on yoga/meditation as a lifestyle intervention and in different groups such as students, diabetics, in cancer patients (for pain management), in HIV positive individuals, in drug dependent individuals (as an adjunct intervention), in prisoners.

### SPECIAL FEATURES

Musical evening by Ankit Batra

Sahaj Meditation workshop over 2 days (30<sup>th</sup> - 31<sup>st</sup> August) in the evening. An additional fee of Rs 2000/- has to be paid as registration fee for the Sahaj meditation workshop by those who are interested in attending the same.

### SPEAKERS

Dr. Vinod Kochupillai, Dr. S.K Khandelwal, Dr. Manju Mehta, Dr. Gangadhar, Dr. Satbir Khalsa, Dr. Priyadarshan Singh, Dr. Pratap Sharan, Dr. K.K Deepak, Dr. Rajvi H Mehta, Dr. Paulomi Sudhir, Dr. R.K Yadav, Dr. Nita Mawar, Dr. Nand Kumar, Dr. Anju Dhawan, Dr. N Visweswariah, Dr. Sushma Bhatnagar, Dr. Viveka P. Jyotsna, Ms Anita Chopra, Dr. Makarand Kanjalkar, Dr. Manveer Bhatia, Dr. Kishore Chandiramani.

The conference will also include free papers and poster presentations.

### INVITATION

We are pleased to announce the 3<sup>rd</sup> Scientific Conference to be held in New Delhi on 30<sup>th</sup> and 31<sup>st</sup> August, 2014. The theme will be "Stress Reduction Skills - Scientific Update." It is a pleasure to invite you to participate. We look forward to welcoming you to New Delhi.

### REGISTRATION DETAILS

Please log on to the website [www.srisrigmda.org](http://www.srisrigmda.org) or [www.aiims.edu/aiims/events/rcc4.htm](http://www.aiims.edu/aiims/events/rcc4.htm) for registration.

Date of Registration	Registration fee for GMDA members/Department of Psychiatry AIIMS/UG or PG students	Registration fee for non-members
Till 30 <sup>th</sup> June, 2014	Rs 1500/-	Rs 2500/-
Till 31 <sup>st</sup> July, 2014	Rs 2000/-	Rs 3000/-
Till 15 <sup>th</sup> August, 2014	Rs 2500/-	Rs 3500/-
After 15 <sup>th</sup> August & On spot registration	Rs 3000/-	Rs 4000/-

Registration fee includes attendance at all symposia/sessions, conference kit as well as access to hospitality (tea/coffee/lunch) on 30<sup>th</sup>-31<sup>st</sup> August' 14, dinner on 30<sup>th</sup> August' 14.

### PAYMENT MODE

#### 1) Online payment

Log on to the conference link on the website: [www.srisrigmda.org](http://www.srisrigmda.org) or [www.aiims.edu/aiims/events/rcc4.htm](http://www.aiims.edu/aiims/events/rcc4.htm) and follow it for online registration and making online payment

#### 2) Electronic transfer

Account Name: Stress Reduction Skills: Scientific Update  
Account No.: 33816424566IFSC Code: SBIN001536MICR No. 110002005  
Bank Name & Branch: State Bank of India, AIIMS, Ansari Nagar, New Delhi-110029

#### 3) Demand Draft

In the name of "Stress Reduction Skills: Scientific Update" payable at New Delhi.

#### 4) Cash

If you make payment by cash/demand draft, please send it along with a registration form (printable pdf version available on the website) to the following address- Dr. Anju Dhawan, Room no. 4096, Department of Psychiatry, Ansari Nagar, New Delhi-110029.

### ACCOMMODATION

We will facilitate your accommodation. All efforts will be made to keep you comfortable and help you get good quality accommodation at reasonable rates. The payment will be made directly by you at your place of stay. In order to get the best possible accommodation, it is important to register well in time.

For any query, write on [conference@srisrigmda.org](mailto:conference@srisrigmda.org) or SMS (your name and phone no.) on 09717178597.

### GUIDELINES FOR SUBMISSION OF ABSTRACTS

Abstracts should be submitted at the email id - [srisrigmdaconference@gmail.com](mailto:srisrigmdaconference@gmail.com) by 15<sup>th</sup> July, 2014. Abstracts would be accepted with results already concluded or under way and should not exceed 500 words. A paper should be submitted by 15<sup>th</sup> August, 2014 for each abstract approved and for invited presentations to [srisrigmdaconference@gmail.com](mailto:srisrigmdaconference@gmail.com).

### INSTRUCTIONS FOR FREE PAPERS

- » The content of a free paper abstract should be described under the headings of Title, Authors, Aims and Objectives, Methodology, Results and Conclusions.
- » Time allotted for the presentation will be 7 mins and time allotted for the discussion will be 2 mins.

### INSTRUCTIONS FOR POSTER PRESENTATIONS

- » The content of a poster abstract should be described under the headings of Title, Authors, Aims and Objectives, Methodology, Results, and Conclusions.
- » An area of 100cm height and 50cm width shall be provided for each poster.
- » Posters should be in English and should be headed with title, name of author(s), institution and city.
- » Charts, drawings and illustrations must have self-explanatory notes.

OF THE FREE PAPERS, TWO BEST PAPERS (ORAL/POSTER) WILL BE AWARDED.

### ORGANIZING COMMITTEE

Chair person : Dr. Vinod Kochupilla  
Co-Chairperson : Dr. S. K. Khandelwal  
Organizing Secretary : Dr. Anju Dhawan  
Co-Organizing Secretary : Dr. Priyadarshan Singh  
Coordinator Sri Sri GMDA : Ms. Priyanka Singh  
Treasurer : Ms. Anita Chopra  
Sri Sri GMDA (Delhi) Coordinator : Dr. Anant Gupta

### CONTACT DETAILS

For any queries related to registration, please email at [conference@srisrigmda.org](mailto:conference@srisrigmda.org) or contact on phone no. +919999051858.