



# YENEPOYA

Naturopathy & Yogic  
Science College & Hospital



A CONSTITUENT UNIT OF YENEPOYA (DEEMED TO BE UNIVERSITY)  
AYUSH Campus, Naringana, Deralakatte Post, Mangalore - 575018

## NATIONAL LEVEL WORKSHOP ON

# MADHUMEHA UPACHARAH

## AN INTEGRATIVE APPROACH ON DIABETES MANAGEMENT

 27.12.2024 and 28.12.2024

 9.30 am - 4.00 pm

 YNYSCH Auditorium





## ABOUT THE INSTITUTION:

Yenepoya (Deemed to be University), Mangalore, recognized under Sec 3(A) of the UGC 1956, Accredited by NAAC with 'A+' Grade, ranked 95th in NIRF Ranking 2024, Band 51-100 in Atal Ranking of Institutions on Innovative Achievements (ARIIA) and 301-400 band in "Times Higher Education" Global Impact Ranking. Located in the green suburban part of Mangalore, the University has twelve faculties of study with over seventeen thousand students under its ambit. Yenepoya Naturopathy and Yogic Science College and Hospital is proud to claim to be the first Naturopathy and Yoga Medical institution brought up by a Southern Indian State Deemed-to-be University which has integrated conventional medical facilities.

## ABOUT THE WORKSHOP:

Diabetes Mellitus is an increasingly common condition worldwide, more in India. The prevalence has risen sharply in adults over recent decades, and most people are diagnosed primarily due to lifestyle changes and unhealthy dietary habits. It is a life-altering disease but manageable easily with multifaceted approach. Naturopathic approach emphasizes the importance of personalized care combining evidence-based treatments with lifestyle modifications to help patients effectively to manage the condition and improve their quality of life. Yoga is an ancient Indian Mind-body discipline, that has been associated with improved glucose levels and can prevent diabetes mellitus. Hence the workshop is organized to understand the clinical approach of integrated disciplines for the management of diabetes.

## OBJECTIVES OF THE CONFERENCE:

1. To upgrade the integrated approach on management of Diabetes Mellitus.
2. To provide evidence based knowledge on Diabetes management in Naturopathy and Yoga.



# WORKSHOP SCHEDULE

## DAY - 1

Timings	Sessions	Topics	Speakers
9.00 am - 9.30 am	Registration		
9.30 am - 10.00 am	Inauguration Function		
10.00 am - 11.00 am	Session 1	Diagnostic Evaluation of Diabetes Mellitus	<b>Dr. Shaheena Yassir</b> MBBS, MD, PhD Associate Professor Yenepoya Medical College, Deralakatte
<b>11.00 am - 11.30 am</b>	<b>Tea Break</b>		
11.30 am - 12.30 pm	Session 2	Management of Diabetes Mellitus in Conventional Medicine	<b>Dr. Balachandra S Bhat</b> MBBS, MD Associate Professor Yenepoya Medical College, Deralakatte
<b>12.30 pm - 1.30 pm</b>	<b>LUNCH BREAK</b>		
1.30 pm - 2.30 pm	Session 3	Work place practices for Prevention and Management of Diabetes	<b>Dr. Puneeth Raghavendra</b> BNYS, MD Associate Professor Yenepoya Naturopathy Yogic Science College and Hospital, Deralakatte
2.30 pm - 3.30 pm	Session 4	Dietary interventions in Diabetes Mellitus	<b>Dr. Sowmya M</b> BNYS, MD Assistant Professor Government Nature Cure and Yoga Medical College and Hospital Mysore
<b>3.30 pm - 4.00 pm</b>	<b>Tea Break</b>		

## DAY - 2

Timings	Sessions	Topics	Speakers
<b>9.00 am - 9.30 am</b>	<b>Breakfast</b>		
9.30 am - 10.30 am	Session 1	TCM in Diagnosis and Management of Diabetes Mellitus	<b>Dr. S Karthick</b> , BNYS MD Associate Professor, Sivaraj Naturopathy and Yoga Medical College, Salem
10.30 am - 11.30 am	Session 2	Role of Massage Therapy in Diabetes Mellitus	<b>Dr. Rithesh C</b> BNYS, MD Assistant Professor The School of Yoga and Naturopathic Medicine, SVYASA (Deemed to be University), Bengaluru
<b>11.30 am - 12.00 pm</b>	<b>Tea Break</b>		
12.00 pm - 1.00 pm	Session 3	Applications of Hydrotherapy on Plasma Glucose levels	<b>Dr. Parameshwara MN</b> BNYS, MD Associate Professor Tapovana Naturopathy and Yoga Medical College and Hospital Davangere
<b>1.00 pm - 2.00 pm</b>	<b>LUNCH BREAK</b>		
2.00 pm - 3.30 pm	Session 4	Reversal and Remission of Diabetes: Naturopathy and Yoga Perspective	<b>Dr. Venugopal Vijayakumar</b> BNYS, MSc Diabetes (UK), PhD Assistant Medical Officer Cum Lecturer, Govt. Yoga and Naturopathy Medical College, Chennai
3.30 pm - 4.00 pm	Valedictory Program		

## PATRONS

**Dr. Yenepoya Abdulla Kunhi**

Chancellor

Yenepoya (Deemed to be University)

**Mr. Mohammed Farhaad Yenepoya**

Pro Chancellor

Yenepoya (Deemed to be University)

**Dr. M. Vijayakumar**

Vice Chancellor

Yenepoya (Deemed to be University)

**Dr. B H Sripathi Rao**

Pro Vice Chancellor

Yenepoya (Deemed to be University)

**Dr. K.S Gangadhara Somayaji**

Registrar

Yenepoya (Deemed to be University)

## ORGANIZING COMMITTEE

*Organizing Chairperson:* **Dr. Puneeth Raghavendra**, Principal (I/c), YNYSCH

*Organizing Committee Members:*

**Dr. Padmashree**, Associate professor

**Dr. Rafeeda**, Assistant Professor

**Mr. Ajith K**, Assistant Professor

**Dr. Arpith Kumar**, Lecturer

**Dr. Abhijna**, Assistant Professor

**Dr. Vajrakshi**, Lecturer

**Dr. Sunitha D'Souza H**, Assistant Professor

**Dr. Prateeksha**, Lecturer

**Dr. Shreya**, Lecturer

## REGISTRATION FEE DETAILS:

### Fee details:

BNYS Graduates/ Physicians

₹1000

Students and Interns

₹700

Yenepoya Faculties

₹500

Accommodation Charge: ₹300 per person

**100 PARTICIPANTS  
ONLY**

*Last date for registration - 22.12.2024*

REGISTRATION LINK: <https://forms.gle/JTzd3rjVErcapuhT6>

*For more details, contact:*

☎ **8494935215; 9901722763**

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Website: <https://ynysch.yenepoya.edu.in/>

**Note:** Students should attach the Bonafide statement from the respective College Principal for Registration.