

Ministry of Ayush, Government of India

Central Council for Research in Yoga & Naturopathy *In collaboration with* Morarji Desai National Institute of Yoga

NATIONAL CONFERENCE ON NATUROPATHY – 2026

THEME: “YOGA & NATUROPATHY FOR A FITTER AND HEALTHIER YOU”
SUB- THEME: SAMYOGA

Date: 05–06 February 2026

Venue: Central Research Institute of Yoga and Naturopathy (CRIYN), Deverkhana, Jhajjar, Haryana

DAY 1 – Thursday, 05 February 2026

| Time | Programme |
|---------------|--|
| 08:00 – 9:00 | Registration |
| 9:00- 10:30 | Samyoga Session—Expert discussions and shared experiences on integrating yoga into conventional and traditional medicine, organised by MDNIY. |
| 10:30 – 11:30 | Inaugural Function of the National Conference on Naturopathy <ul style="list-style-type: none">• Prayer & Lighting of Lamp: By dignitaries• Presentation of Bouquets• Welcome Address by Director, CCRYN• Speech by Guest of Honor• Felicitation of Prime Minister Yoga Awardees• Address by Joint Secretary, Ministry of Ayush, Govt. of India• Vote of thanks by Director, MDNIY• Yoga Fusion Dance by MDNIY |
| 11:30 – 11:50 | Tea Break |
| 11:50 – 13:00 | Samyoga Session by MDNIY- Continues..... |
| 13:00– 14:00 | Lunch |

Scientific Sessions – From Vision to Action: Where We Stand in Creating a Healthier World

DAY 1 – Thursday, 05 February 2026

| Time | Session Title | Chairpersons | Speakers |
|---------------|--|--|--|
| 14:00 – 14:45 | Technical Session 1 Emerging Perspectives in Yoga & Naturopathy for Physical Fitness | Prof. Om Narayan Tiwari Dean faculty of Yoga Sri Guru Ram Rai University, Dehradun. | Dr. Pradeep M K Medical Director & Chief Scientist, Mirakle Integrated Health Centre, Coimbatore, Tamil Nadu |
| 14:45 – 15:30 | Technical Session 2 Lifestyle Disorders in India – Preventive Role of Naturopathy | | Dr. D. Sathyanath Professor, National Institute of Naturopathy, Pune |
| 15:30 – 15:45 | Activities | | |
| 15:45 – 16:05 | Tea Break | | |
| 16:05 – 16:25 | Technical Session 3 Labour Pain Management through Yoga and Naturopathy | Prof. Manoj Kumar Sharma Professor & Dean, Department of Yoga, Sri Chandrashekhar, Azad Pradhan Mantri government College of excellence, Madhya Pradesh. | Dr. Roshitha Dr Roshitha's women health Care, Kasaragod, Kerala |
| 16:25 – 16:55 | Technical Session 4 Role of exercise modalities in physical fitness | Dr. Aparna Surendra, Principal, Muniyal Institute of Yoga and Naturopathy, Manipal, Karnataka. | Dr. Vivek Bharatiya Chief Medical Officer, Aarogya Mandir Raipur |
| 17:00 – 17:30 | Panel Discussion I Naturopathy - Main stream preventive health model, current status and the way forward. | Moderator Dr. Raghavendra M. Rao, Vice President, Research and Integrative Medicine, HCG Oncology group of Hospitals Former Director, CCRYN | Panellist Dr B.T. Chidananda Murthy Former Director, CCRYN Dr. Ishwar N. Acharya Programme Officer, MDNIY, New Delhi Dr. Mandala Sarju Director, Greenwoods wellness Centre, Siliguri, West Bengal Dr. Bharathish D S RMO, Govt. Nature Cure and Yoga Medical College and Hospital, Karnataka. Dr. Malangmei Gaithaocung Rongmeih M.O in-charge AYUSH Wing (Yoga & Nature Cure), Mongshangei, Imphal Dr. Kanak Soni Associate Prof & CMO, University of Patanjali, Haridwar |
| 18:30 – 20:00 | Cultural Programme | | |
| 20:00 – 21:30 | Dinner | | |

DAY 2 – Friday, 06 February 2026

Morning Session

Scientific Sessions – II- *Clinical & Translational Advances in Yoga and Naturopathy*

| Time | Session Title | Chairperson | Speaker |
|----------------------|--|--|--|
| 08:00 – 9:00 | Breakfast | | |
| 9:00 - 9:30 | Special Invite Talk | - | Shri. Pradhuman Singh Shekhwat, Deputy Advisor (Yoga), Ministry of Ayush |
| | | | Dr. Ramnarayan Mishra , Research Officer (Yoga and Naturopathy), Ministry of Ayush |
| 09:30 – 10:00 | Technical Session 5 Community-Based Preventive Health Models Using Naturopathy | Dr Nand Lal Jigyasu Sr. Consultant Yog & Naturopathy Dept. of Ayush Lucknow | Dr Ankesh Singh Bhadaria Principal, SHMCNYS, Bhopal |
| 10:00 – 10:30 | Technical Session 6 Integration of Artificial Intelligence in Yoga & Naturopathy for Obesity Management | Dr. Geetha Balakrishna Shetty Professor & Dean, Division of Nutrition & Physical therapeutics, SDM College Of Naturopathy And Yogic Sciences | Dr. Nandeesh N.S Principal, Sharada Yoga and Naturopathy Medical college and Hospital, Mangalore |
| 10:30 – 11:00 | Technical Session 7 Living Foods for a Fitter and Healthier Life | | Dr. Abhishek Devikar Director & Trustee Secretary, Nisargopachar Ashram Urulikanchan Pune |
| 09:30 – 11:00 | Oral & Poster Presentation Parallel competition at Yoga hall Event | | |
| 11:00 – 11:20 | Tea Break | | |
| 11:20 – 12:00 | Special Lecture Clinical Approaches and Practical Challenges for Weight-management through Naturopathy | Dr.Bairi Srinivas Medical Superintendent, Mantena Satyanarayana Raju Arogyalayam Vijayawada | |
| 12:00 – 13:00 | Poster display/ Presentations visit / Activities | | |
| 13:00 – 14:00 | Lunch | | |

Afternoon Session

Scientific Sessions – III- Natural Pathways to Metabolic Fitness and Immune Strength

| Time | Session Title | Chairperson | Speaker |
|---------------|---|---|--|
| 14:00 – 14:45 | Technical Session 8 Role of Detox Therapies in Metabolic Disorders | Dr Sujatha K .J Professor & Dean, Vice Principal, SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka | Dr A. Malathi Syamala Medical Superintendent SKR Government Nature Cure Hospital Hyderabad |
| 14:45 – 15:30 | Technical Session 9 Wellness through Acupuncture- can acupuncture helps to boost immunity? | Dr M, Rajkumar Singh KHA Manipur Yoga & Nature Cure Association, Kakching, Manipur | Dr. Vanitha Shetty Principal, Alva's College of Naturopathy and Yogic Sciences, Mangalore, Karnataka. |
| 15:30 – 15:50 | Tea Break | | |
| 15:50 – 16:30 | Panel Discussion II Yoga & Naturopathy – Integration with Conventional care – Current status in India & Global: challenges & action plan. | Moderator Dr. Babu Joseph, Kerala, (Moderator) Former Director, NIN, Pune | Panellist Dr. S.N. Pandey Chancellor International University Nagaland Prof. Akshay Anand Professor, PGIMER, Chandigarh Dr. Dhiren Ajit Nair Dean and Principal(I/c), Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, Meerut Dr. V. Venugopal Associate Professor NIN, Pune Dr. Sangeeth Somnath Pai Professor & Dean School of Naturopathy & Yogic Sciences, SGT University, Haryana Prof (Dr) Aklavya Bohra , Principal Swasthya Kalyan Institute of Naturopathy and Yogic Sciences, Jaipur |
| 16:30 – 17:00 | Valedictory Programme | | |
| | <ul style="list-style-type: none"> • Presentation of Bouquets • Welcome Address by Director, CCRYN • Valedictory Address by Director, (Y & N), MoA and Additional Charge of NIN, Pune • Valedictory Address by the Guest- Joint Secretary, Ministry of Ayush, Govt. of India • Prize Distribution to Winners - Oral & Poster Presentation Competition. • Vote of Thanks by Research Officer, CCRYN • National Anthem | | |