



**SHREE JAGADGURU GAVISIDDHESHWAR  
AYURVEDIC MEDICAL COLLEGE & HOSPITAL,  
POST-GRADUATE STUDIES & RESEARCH CENTRE,  
KOPPAL-583231, KARNATAKA**



**MANASAM-2024**

**MASTERING THE MIND**

**NATIONAL CONFERENCE & WORKSHOP**

**ORGANIZED BY  
DEPARTMENT OF KAYACHIKITSA & SWASTHAVRITTA**



**27<sup>TH</sup> & 28<sup>TH</sup> DECEMBER 2024**

**VENUE**

**SHRI SHIVASHANTVEER MANGALA BHAVANA  
KOPPAL-583231, KARNATAKA**



## ABOUT GAVIMATH

*Shree Samsthan Gavimath is situated on a rocky hill to the east of Koppal. Shree Gavimath has a glorious history of more than a thousand years and has been upholding the values that are of eternal bliss to humanity.*

*The galaxy of Peethadhipatis has raised the spiritual status of Shree Gavimath by dedication to the noble service of mankind. Their unique contribution in the form of Trividha Dasoha [Anna, Jnana and Adhyatma] has won the heart and devotion of all the disciplines. In addition, Shree Gavimath and its Holy Peethadipathis especially present Peethadhipathi Shree Abhinava Gavisiddheshwara Swamiji have associated themselves with the rejuvenation of the Ayurveda system in this area.*

## ABOUT THE INSTITUTION

*Shree Jagadguru Gavisiddheshwara Ayurveda Medical College & Hospital, Koppal-was established in the year 1996-97, by Shree Gavisiddheshwara Vidya Vardhak Trust.*

*With the blessings of his holiness Shri.Ma.Ni.Pra.Swa. Shree Jagadguru Gavisiddheshwar Mahaswamiji our institute has secured Grade A in QCI assessment for the academic year 2023-24.*

## ABOUT THE EVENT

*The conference will focus on Ayurvedic approaches to the prevention and treatment of mental illness. It will highlight not only medical management but also alternative therapies such as therapeutic yoga, music therapy and chromotherapy. Experts and stakeholders will gather to share insights, experiences, and best practices. This collaborative platform will foster the exchange of knowledge in the field.*

## PLACES TO VISIT



**GAVIMATH**  
Hampi



Hampi



Tungabhadra Dam



Anjanadri Betta



## GUESTS & RESOURCE PERSONS



**Dr. Basavaraj R. Tubaki**  
Dean, Faculty of Ayurveda,  
KAHER's Shri BMK  
Ayurveda Mahavidyalaya, Belagavi



**Dr. Arpan Bhatt**  
Professor & Head,  
Dept. of Swasthavritta & Yoga  
Dean, Planning & Development,  
ITRA, Jamnagar



**Prof. Yogesh Chandra Mishra**  
National Organizing Secretary  
Vishwa Ayurveda Parishad



**Dr. Santosh Yadahalli**  
Deputy Director  
RGUHS, Bengaluru



**Dr. Madhav Diggavi**  
Principal, Taranath  
GAMC, Bellary



**Dr. Mahesh Salimath**  
Professor & HOD  
Ayurveda Mahavidyalaya, Hubli



**Dr. Swapna Pandurangi**  
Asst. Professor, Dept. of Psychiatry  
NIMHANS Dharwad



**Dr. Mangala S.**  
Yoga Consultant  
SBSAMC, Mundaragi

## CONFERENCE SCHEDULE (28.12.2024)

TIME	TOPIC	RESOURCE PERSON
08.00 am - 09.00 am	Registration & Breakfast	
09.00 am - 10.00 am	Inauguration Ceremony	
10.00 am - 11.00 am	Keynote Address	Dr. Basavaraj R. Tubaki
11.00 am - 12.00 pm	Therapeutic Yoga in Mental Health-A Practical Approach	Dr. Arpan Bhatt
12.00 pm - 01.00 pm	Practical Challenges in handling Mentally ill Patients	Dr. Swapna Pandurangi
01.00 pm - 02.00 pm	Lunch Break	
02.00 pm - 03.00 pm	An Ayurvedic perspective on Manoroga Chikitsa	Dr. Madhav Diggavi
03.00 pm - 04.00 pm	Role Play on Mental Illness and its management	Guided by: Dr. Manjula K B
04.00 pm - 05.00 pm	Demonstration of Music Therapy	Dr. Rajshekar N S Dr. Shridharaih H
05.00 pm	Valedictory Function	
	Certificate distribution High Tea	

# RESOURCE PERSONS



**Dr. Prabhu C. N.**  
Prof & HOD  
Dept. of Swasthavritta  
SJGAMC&H, Koppal



**Dr. Somanath S.**  
Asso.Prof  
Dept. of Swasthavritta  
SJGAMC&H, Koppal



**Dr. Asha S. A.**  
Asso. Prof  
Dept. of Swasthavritta  
SJGAMC&H, Koppal



**Dr. Manjula K. B.**  
Professor  
Dept. of Kayachikitsa  
SJGAMC&H, Koppal



**Dr. Amal S. Chandran**  
Asso. Prof  
Dept. of Swasthavritta  
SJGAMC&H, Koppal



**Dr. Rajshekar N. Shettar**  
Asst. Prof  
Dept. of Kayachikitsa  
SJGAMC&H, Koppal



**Dr. Shridharaih Hiremath**  
Asst. Prof  
Dept. of Kayachikitsa  
SJGAMC&H, Koppal

## PRE-CONFERENCE WORKSHOP SCHEDULE (27.12.2024)

TIME	TOPIC	RESOURCE PERSON
09.00 am - 10.00 am	Inauguration	
10.00 am - 11.00 am	Stress Management - An Integrative Approach	<b>Dr. Amal S. Chandran</b>
11.00 am - 12.00 pm	Holistic approach to Mental Health	<b>Dr. Mahesh Salimath</b>
12.00 pm - 01.00 pm	Demonstration of therapeutic Yoga in Mental Health	<b>Dr. Mangala Sajjanar Dr. Asha S. A.</b>
01.00 pm - 02.00 pm	Lunch Break	
02.00 pm - 03.00 pm	Dietary Habits for Mental Health	<b>Dr. Prabhu C. Nagalapur</b>
03.00 pm - 04.00 pm	Demonstration of Chromotherapy in Mental health	<b>Dr. Somanath S.</b>
04.00 pm - 05.00 pm	Paper Presentation	
05.00 pm	High tea	





## REGISTRATION FEE DETAILS

UG/Interns	: Rs. 500/-
PG/Ph.D/Faculty / Practitioner	: Rs. 800/-
Spot Registration	: Rs. 1000/-

## ACCOUNT DETAILS

Bank Name	: Bank of Maharashtra
Account Name	: Principal, SJG Ayurvedic Medical College
Account Number	: 60363462320
IFSC Code	: MAHB0001857
Branch	: Koppal



## ORGANIZING COMMITTEE

### Patron



**Shri. Sanjay Kotbal**  
Member, SGVVT, Koppal  
Chairman, SJGAMC, Koppal

### Organizing Team



**Dr. Mahantesh M. Salimath,**  
Principal, SJGAMC, Koppal



**Dr. Suresh N. Hakkandi**  
Vice Principal, SJGAMC, Koppal

#### Organizing Secretary

**Dr. Prabhu C. Nagalapur**  
Professor & H.O.D of Swasthavritta

#### Co-organizing Secretary

**Dr. Manjula Karlwad**  
Professor, Dept. of Kayachikitsa

### Organizing Members

#### Department of Kayachikitsa

**Dr. Rajshekar N. Shettar**  
**Dr. Shridharaiah**

#### Department of Swasthavritta

**Dr. Somanath S.**  
**Dr. Asha S. A.**  
**Dr. Amal S Chandran**  
**Dr. Naveen Kumar J.**

# PRASTHAVANA VIVARANA

Virtual Presentation on 27-12-2024

Scan here for Templates



Topics & Rules



Paper Presentation  
Template



E-Poster Template



Scan for Registration

## Theme of E-Poster

“Yoga & Music Therapy in Mental Health”

Submit E-Poster of JPEG Format & HD Quality

Submit Abstract, Paper & E-Poster

[swasthasjgkpl@gmail.com](mailto:swasthasjgkpl@gmail.com)

LAST DATE FOR  
REGISTRATION &  
SUBMISSION  
**24-12-2024**

CONTACT  
**9916259601**  
**9036199959**  
**7259872703**



LOCATION

SHRI SHIVASHANTVEER MANGALA BHAVANA  
KOPPAL-583231, KARNATAKA