



## A half day Workshop on “Science of Yoga”

28<sup>th</sup> JUNE 2022

Zaheer Science Foundation, New Delhi

### Programme

02:00 - 02:30 p.m.	<b>Registration</b>
02:30 - 02:40 p.m.	<b>Welcome Address</b> <b>Prof. Harsh Gupta, Chairman, Zaheer Science Foundation</b>
02:40-02:50 p.m.	<b>Prof. Zahid H. Khan, Vice-Chairman, Zaheer Science Foundation</b> <b>Dr. Tabassum Jamal, Secretary, Zaheer Science Foundation</b>
02:50- 03:10 p.m.	<b>Dr. Manish Mohan Gore, Principal Scientist,</b> <b>CSIR-NIScPR, Vigyan Sanchar Bhawan, Dr. K.S. Krishnan Marg,</b> <b>New Delhi</b>
03:10-03:20 p.m.	<b>Dr. D. Shailaja, Member Governing Council, ZSF</b> <b>Chief Scientist &amp; Chair, Business Development &amp; Research</b> <b>Management CSIR-Indian Institute of Chemical Technology (IICT)</b> <b>Hyderabad</b>
03:20- 03:30 p.m.	<b>Dr. Anvita Singh, Associate Professor,</b> <b>Himalyan School of Yoga Sciences, Jolly Grant, Dehradun</b> <b>Ex Medical Officer, AIIMS Rishikesh, Utrakhand</b>
03:30- 04:00 p.m.	<b>Prof. Dr. Badrul Islam Kairanvi, Advisor, Indian Board of</b> <b>Alternative Medicines and Director, Institute of DrBIKYoga and</b> <b>Clinic of Ayush Paramedics, New Delhi</b>
04:00 -05:00 p.m.	<b>Practicing/learning session on Yoga</b> <b>Prof. Dr. Badrul Islam Kairanvi, Advisor, Indian Board of</b> <b>Alternative Medicines and Director, Institute of DrBIKYoga and</b> <b>Clinic of Ayush Paramedics, New Delhi</b>
05:00 p.m. 05:15p.m.	<b>Vote of Thanks by Dr. M. Rais, Member Governing Council, ZSF</b> <b>Chief Scientist, Head BDG &amp; Industry, CSIR-NIScPR, New Delhi</b>
05:15 p.m. onwards	<b>Refreshment</b>

## *Science of Yoga*

Yoga is an ancient practice and has been associated with cultural, religious and physical activity for more than 2,000 years. However, serious objective scientific exploration started only in the last few years. To tap all the potential benefits of yoga and make it appealing to humanity, studying it thoroughly like any other science is as essential as portraying it in its most artistic form. Therefore, the practitioners have asserted its effect on balancing emotional, physical and spiritual health. Recently there has been a strong move to substantiate these claims through research. So far, the result has been definitive, significant evidence of the broad-ranging benefits of yoga, both as a treatment and as a preventative form of medicine and health care. Through clinical trials, reviews and other studies, it's being realized that yoga has subtle positive effects on several aspects of our life, its practice can increase our awareness about how our body actually feels and how it may help to restore balance to stay healthy, both as physically as well as mentally.

It is also important to mention here that the benefits of Yoga can be experienced by a person practicing yoga but may not be measured by scientific tools. Inner peace, contentment, happiness and self-awareness are some of the aspects on which yoga has the utmost positive effects. These positive experiences are a foundation for healthy living, also providing an anchor towards a positive and active mindset in our growing age.

In recent times, the unprecedented pandemic, Covid-19, has highlighted the urgent need to address the mental health dimensions along with the physical health aspects with the prevailed psychological sufferings. Yoga has been most impactful help during all this time to stay healthy in a holistic way and therefore around the world practicing yoga is becoming popular and need of the time.

Zaheer Science Foundation, ZSF (an NGO and Think Tank, established in 1970), is organizing this workshop with an objective of understanding and spreading the scientific thinking of practicing YOGA for a healthy mind and body approach, eventually helping in nation building and promoting scientific temperament. This is the first event of recently reconstituted Governing Council of ZSF. Due to the Covid-19 Pandemic and other constraints, there have not been major activities planned from ZSF platform in last two years and now with the gradual opening up of the restrictions of pandemic, ZSF plans to celebrate its 50 years, i.e. Golden Jubilee in November, 2022, organizing a brainstorming seminar on the theme of "Science for Small Nations", followed by Celebrating United Nation's International Day of Women and Girls in Science on 11th February, 2023.