

one-day Continuing Medical Education (CME) program titled “Harnessing the Mind–Body Connection Through the Science of Yoga: Towards Inner Harmony”

Collaborating Centre for Mind–Body Intervention through Yoga (CCMBIY), under CCRYN, Ministry of AYUSH, organized a one-day Continuing Medical Education (CME) program titled “Harnessing the Mind–Body Connection Through the Science of Yoga: Towards Inner Harmony” on 4th December 2025, at AIIMS Bibinagar. The event brought together more than 150 participants in online and offline modes, including faculty members, researchers, yoga trainers, and healthcare professionals. The inaugural session was graced by Prof. (Dr.) Amita Aggarwal, Executive Director, AIIMS Bibinagar, and Prof. (Dr.) Sangeetha Sampath, Dean Research, AIIMS Bibinagar, who emphasized the growing relevance of evidence-based yoga practices in contemporary healthcare systems. Keynote speakers included Prof. (Dr.) Rima Dada (AIIMS New Delhi), Prof. (Dr.) Rahul Mehrotra (Artemis Hospitals, Gurugram), Dr. Krishnamurthy Jayanna (Founder & Director, Centre of Integrative Health and Wellbeing), and Dr. Veronique Nicolai (Director, Heartfulness Yoga Academy). The organizing team consisting of Prof. (Dr.) Sangeetha Sampath, Chairperson Dr. Govindrao N. K. (Co-Chairperson), Dr. Rohini Motwani (Nodal Officer), and Dr. Meely Panda (Additional Nodal Officer), CCMBIY; ensured smooth conduct of sessions, experiential meditative practices, research ideas and other collaborative efforts. The scientific sessions encompassed a broad spectrum of themes, ranging from molecular mechanisms of yogic interventions to policy-driven approaches for integrative health, heart-based contemplative practices, and practical yoga protocols for lifestyle modification. Participants engaged actively in brainstorming discussions aimed at fostering collaborative research, integrating yoga science into academic curricula, and strengthening CCMBIY’s role as a national centre for mind–body medicine. A pre–post Meditation self evaluation was conducted among participants to evaluate their state before and after a 30-minute guided practice session. Overall, the CME successfully highlighted the transformative role of yoga in preventive and clinical medicine, reaffirming AIIMS Bibinagar’s commitment to advancing integrative health through interdisciplinary learning and evidence-based practices.



