

Report on AYUSH TALKS Series 2

Date: 1st May 2020

Time: 11:00 am to 1:00 pm

3rd Panelist: Dr. Naveen GH, Principal cum CMO, JSSINYS.

Theme: Clinical Interventions in Yoga and Naturopathic Medicine

Topic: Evidence based Yoga and Naturopathic Medicine in Depression

Organized by: INYGMA Central, People's Foundation, Futurex Trade Fair and Events Pvt. Ltd






Participants: Open to all

Session Type: Virtual Session (Zoom software)

The session detailed on the following areas:

- Introduction to mental health
- Yoga and mental health
- Introduction to Depression
- Rationale for use of Yoga and Naturopathic Medicine in depressive disorders
- Current status of evidence in these areas
- Summary of findings and conclusions

The subtopics were elaborated with recent evidence based explanations by the panelist. He also shared his experiences in the research studies he conducted on Depression. Clear mechanisms of role of Yoga and Naturopathic Medicine in treating Depression were detailed in the session. The grey areas faced by the Naturopathic Doctors were listed and ways to rule them out were explained. The Q & A session was included which added more knowledge on the topic for the participants.



Evidence based Yoga & Naturopathic Medicine in Depression

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