



World Congress of Nephrology

Workshop on Importance of Yoga and Meditation for Excellence in Nephrocare

February 7, 2025 | Friday | 8:30 – 9:30 AM

ICC Dwarka - International Convention and Expo Centre

Room: Parijat Hall 201, Level 2F

Time	Programme Details	Speaker/Trainer
8:30 AM	Welcome Poetry recitation An Ode to Nephros	Dr Kanwal Preet Kochhar Professor and Head Department of Physiology All India Institute of Medical Sciences New Delhi & Governing Board Member, HRIDAY
8:35 AM	Scientific validation of benefits of yoga, meditation and a traditional lifestyle	Dr Kanwal Preet Kochhar
8:45 AM	Yoga for primordial intervention in health and disease	Dr Sujata Panda Faculty Central University of Odisha
8:55 AM	Meditative Practices: A panacea for good health and well being	Dr Sujata Panda
9:05 AM	Workshop on Yoga <ul style="list-style-type: none">Breath regulationChair YogaYoga interventions for trinity: patient, doctors and caregivers	Dr Sujata Panda
9:15 AM	Workshop on meditation: The Indian tradition and gift to the world	Acharya Dr Vikramditya Director Vivekananda Naturopathy Hospital New Delhi
9:25 AM	Mindfulness based Meditation: Evidence based benefits, stress reduction and holistic health gains	Dr Kanwal Preet Kochhar
9:30 AM	Thanks and Group Photograph	All Participants and Trainers

Kindly be seated by 8:15 AM