



भारतीय पुनर्वास परिषद्

ONE DAY WORKSHOP ON

YOGA, MEDITATION & WELLBEING: A HEALTH-CENTERED EXPLORATION

ORGANISED BY

**CCRYN-Collaborative Centre for Mind Body Intervention through Yoga
PGIMER, Chandigarh**

ORGANIZING CHAIRPERSON

Akshay Anand

Prof In-Charge, CCMBIY
PGIMER

ORGANIZING SECRETARY

Krishan Kumar

Add. Professor, Cli.Psy., Dept.of Psy.
PGIMER

Pramod K Avti

Add. Professor, Biophysics
PGIMER

COORDINATOR

Saurabh Kumar

Research officer
PGIMER



PROGRAM HIGHLIGHTS

- Expert Talks & Panel Discussions
- Evidence Based Yoga Research
- Clinical Applications in Healthcare
- Interactive Q&A
- Yoga Demonstration
- CRE Credit Points

**24 January, 2026
Saturday**

8:30AM-5:00PM



mbiconference2024.com@gmail.com



<https://mindbodymind.org/>



+91-172-275-5841, +91-8607494950, +91-9569525554



Lecture Theatre (LT-1), Nehru Hospital , PGIMER
Chandigarh