



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

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Research officer
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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



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

Chandigarh