



**SHRI DHARMASTHALA MANJUNATHESHWARA
COLLEGE OF NATUROPATHY & YOGIC SCIENCES, UJIRE.
KARNATAKA, INDIA**

**Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka
& Recognized by Dept. of AYUSH, Dept. of Health & Family
Welfare, Govt. of Karnataka**

Organizes

3rd International Conference on Yoga & Naturopathy -2025

Sponsored by

Ministry of AYUSH Govt. of India

SDM Educational Society (R.), Ujire & Shanthivana Trust (R.)

Dharmasthala

PREAMBLE:

Shri Kshetra Dharmasthala Dharmadhikari Dr. D. Veerendra Heggade ji established SDM College of Naturopathy and Yogic Sciences in 1989. The college offers a 5½-year Bachelor of Naturopathy and Yogic Sciences (BNYS) course, focusing on Yoga, Naturopathy, and other drugless therapies. Initially affiliated with Mangalore University, the institution is now affiliated with Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka, and is recognized by the Government of Karnataka.

The BNYS curriculum integrates the best of Western and Eastern medical practices. It includes fundamental medical subjects from Western medicine and traditional Indian therapies such as Hydrotherapy, Mud Therapy, Fasting Therapy, Acupuncture, Diet, and Nutrition, enhancing the course's comprehensive nature.

SDM College of Naturopathy and Yogic Sciences is India's premier institution in this field, offering undergraduate (BNYS), postgraduate (M.D.), and doctoral programs in Naturopathy and Yoga—the first of its kind in the country. The college admits 120 students annually, attracting individuals from 30 Indian states and four countries. Over 10,000 doctors have graduated from the institution across 29 batches, establishing successful careers in India and abroad.

The college is associated with a 1,100-bedded teaching hospital operating across three locations: "Shanthivana" in Dharmasthala, "Soukyavana" in Pareeka, Udupi, and "Kshemavana" in Bengaluru. These hospitals provide a variety of treatment modalities, including Hydrotherapy, Mud Therapy, Massage Therapy, Diet and Nutrition, Yoga Therapy, Physiotherapy, and Acupuncture.

The institution actively promotes Yoga among schoolchildren, training over 3lakh students annually across nine districts of Karnataka. It holds a Guinness World Record in Yoga, achieved in 2014. Additionally, the college operates 10 Yoga and Nature Cure outpatient centers under a PPP model in 10 districts of Karnataka.

With a strong focus on research, the college has published more than 150 papers in reputed journals related to Yoga and Naturopathy. The Ministry of AYUSH, Government of India, has recognized the institution as a "Center for Excellence in Lifestyle and Metabolic Disorders." The college boasts state-of-the-art research laboratories and equipment, supporting extensive clinical studies, with all three hospitals consistently serving a large patient population.

Celebrating 35 years of dedicated service in clinical care, academics, and research, SDM College of Naturopathy and Yogic Sciences has firmly established itself as a leading institution in the healthcare sector. Since 2014, the International Conference on Yoga and Naturopathy (ICYN) has featured plenary lectures from esteemed speakers, research symposiums, educational sessions, and skill development programs, marking the institution's continuous growth and pursuit of excellence.

THEME: ANCIENT ROOT WITH MODERN FRUIT

Ancient Root with Modern Fruit means yoga and naturopathy originated in nature during the creation of this great nature by God, today whatever the medicine is available in the modern form is due to the ancient root.

Naturopathy and Yoga originated from the Upanishads and even in Vedas, puranas and many other ancient texts like Patanjali Yoga Sutra, Hatha Yoga Pradeepika, Gheranda Samhitha, Hatha Ratnavali etc. These texts not only provide knowledge of yoga but also trace the fundamentals of naturopathy back to their origins.

AIMS & OBJECTIVES

- 1. Strengthens upscale technical infrastructure for clinical practice and research in treating with Yoga & Naturopathy**
- 2. Standardize & validation of Yoga & Naturopathic therapies**
- 3. To build up Capacity of Human Resources of Yoga & Naturopathy professionals at Undergraduate, Post Graduate & Doctoral levels**
- 4. To improve Clinical research on non-communicable disease & Metabolic diseases.**
- 5. To Develop evidence-based Yoga & Naturopathy as Lifestyle interventions in the National Programme on Non-Communicable Diseases.**

WHY CONFERENCE?

We have already conducted five conferences, including one at the state level, one at the national level, and two at the international level. This 3rd International Conference is specially organized to share the results of the effects of Yoga and Naturopathy as part of our Center of Excellence Project. We have achieved excellent results in managing lifestyle and metabolic disorders through Naturopathy and Yoga. Under the Ministry of AYUSH, we have recently completed all formalities, with related publications in progress. We operate three of the largest Naturopathy hospitals located in Dharmasthala, Udupi, and Bengaluru (Shanthivana, Soukhyavana, and Kshemavana). After the implementation of the Center of Excellence (COE), both inpatient and outpatient numbers have significantly increased. Collectively, these hospitals have 1,150 beds, with each facility housing 350 beds that are consistently occupied. Additionally, we have established Naturopathy and Yoga OPD wings in 10 districts of Karnataka. Our college excels not only in clinical education but also in various social initiatives, becoming a center for corporate social responsibility.

We have successfully organized two International Conferences: ICYN-1 in Bengaluru in 2012 and ICYN-2 in Ujire in 2014. Between these events, we conducted several workshops, national conferences, and achieved numerous milestones, including an increase in research publications.

Numerous research projects focusing on Naturopathy and Yoga are conducted both in India and abroad. Our college, affiliated with prominent universities, regularly undertakes research projects. Publication of at least one research paper is mandatory for all postgraduate students, as encouraged by the esteemed Rajiv Gandhi University of Health Sciences. Our research projects are progressing rapidly, on par with other medical sciences.

Interdisciplinary Research Projects: In collaboration with a medical college in Dharwad, we have signed an MoU to initiate Naturopathy-Allopathy joint research, which has yielded promising results. To disseminate the findings of our research on the management of lifestyle and metabolic disorders through Yoga and Naturopathy, we are organizing this International Conference.

Multicentric Research: We have initiated collaborations between two or more research centers, significantly enhancing our research output.

With these developments, this conference will serve as a valuable platform for knowledge exchange, system upgrades, and the improvement of treatment protocols globally.

We expect around 3,000 delegates to attend the conference. Enclosed are details regarding the purpose of the conference, the number of delegates, scheduled events, as well as arrangements for food, accommodation, and the overall budget. A special attraction of this conference will be the participation of over 20 colleges from across the country in cultural and sports events, along with an alumni meet currently being organized. We cordially invite you to attend this grand event for all four days. We anticipate delegates from over 60 countries to be part of this significant occasion.

WHEN CONFERENCE?

May 12th to May 16th 2025.

DELEGATION FEES?

Registration and Accommodation: Registration fees around Rs. 4000 & students Rs. 1500 tentatively

STRUCTURE OF THE CONFERENCE

We are expecting numerous foreign and invited speakers to participate in our international conference.

The structure of our international conference is unique compared to previous conferences. While most conferences focus solely on sessions and luxurious food, we have made a conscious effort to create a more balanced experience. In addition to engaging with scientific papers and presentations, we are incorporating sports and cultural events to promote mental relaxation and overall well-being.

AEON FEST

This is the special fest organizing only by the students of each participating colleges. That will give the happiness to the delegates and students. From each college 50 students are invited for this event the moto is to make them friendly & create strong bond between them is the concept behind this event.

ALUMNI MEET

This year we are completing 30 years of existence of our college more than 20000 students are in the human service. They may be Clinicians, Researches, and Academicians and well placed in different designation all over the world. They have already shown their interest in participating this alumni meet & also to attend the conference & Aeon fest.

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