

Experts at National Conference on Naturopathy–2026 highlight Integrative Healthcare through “Yoga Samyog”

Posted On: 06 FEB 2026 9:25PM by PIB Delhi

Eminent experts and researchers at the National Conference on Naturopathy–2026, held on 5–6 February 2026, emphasised the importance of evidence-based integration of Yoga and Naturopathy in preventive, promotive, and rehabilitative healthcare. The conference was jointly organised by the Morarji Desai National Institute of Yoga (MDNIY) and the Central Council for Research in Yoga & Naturopathy (CCRYN) under the Ministry of Ayush, Government of India.

The main theme of the conference was “Yoga and Naturopathy for a Stronger and Healthier You,” while the sub-theme “SamYog” aims to create a shared knowledge base for public health interventions through integration of Ayush systems with modern medicine.

In a video message, Hon’ble Shri Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush, stated that improved health outcomes have been achieved through the integration of Ayush practices. He reiterated the Ministry’s commitment to promoting research in traditional systems of medicine and enhancing public awareness.

The inaugural session was presided over by Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush. In her address, she stated that Yoga and Naturopathy complement each other and expressed pride in the phenomenal success of the International Day of Yoga, which has been celebrated in 190 countries in 2026. Referring to “Vasudhaiva Kutumbakam” as the core philosophy of Indian culture, she emphasised the need for a sustainable, integrative healthcare system.

The academic segment titled “Yog Samyog” was centred on the theme “Yoga Research: Past, Present & Future.” The sessions brought together leading experts to deliberate on scientific developments in Yoga.

First Session, chaired by Prof. (Dr.) Kashinath Samagandi, Director, MDNIY featured a keynote address by Dr. Vishwas Mandalik, Director, Yoga Vidya Gurukul, Nashik, Maharashtra, on Yoga Nidra as Psychotherapy. Through examples, he illustrated the benefits of Yoga Nidra for health issues such as obesity, spinal disorders, and insomnia.

In his address, Dr. Satish D. Pathak, Assistant Director of Scientific Research at Kaivalyadhama, referring to his Yoga research findings conducted at Kaivalyadhama, stated that diabetes is a rapidly increasing lifestyle disorder that can be managed effectively through early diagnosis, balanced lifestyle practices, Yoga, and natural therapies.

The event was graced by Shri Amarendra Singh, Director (Yoga & Naturopathy), Ministry of Ayush, and Additional In-Charge Director, National Institute of Naturopathy (NIN), Pune. He highlighted the role of research, education, and public outreach in strengthening the scientific foundation of Yoga and Naturopathy and ensuring their wider acceptance.

Second session featured a special keynote lecture by Dr. Ramesh Bijlani, Former Professor, Department of Physiology, AIIMS, New Delhi, on impactful Yoga research for healthcare. He highlighted the need for continuous, robust, and scientifically validated research to further strengthen Yoga's credibility and applicability.

Third session, chaired by Dr. Jagdish Prasad, included research presentations on women's health, lifestyle disorders, advancements in Yoga therapy, and the neuro-physiological aspects of meditation and sleep, reflecting the growing integration of Yoga with modern medical science.

The session also included presentations by Dr. Sudha Prasad, Former Professor, Department of Obstetrics & Gynaecology, Maulana Azad Medical College, New Delhi; Prof. Asha Gandhi, Former Professor and Head, Department of Physiology, Lady Harding Medical College, New Delhi; Prof. (Dr.) Rudra Bhandari, Principal, Faculty of Yogic Sciences, Swami Rama Himalayan University, Dehradun; and Dr. Ravindra P. N., Additional Professor, Department of Neurophysiology, NIMHANS, Bengaluru.

At the valedictory session, Prof. (Dr.) Kashinath Samagandi expressed his sincere gratitude to all participants and speakers for their valuable contributions and support in making the conference a success. The discussions during the plenary sessions emphasised evidence-based practices, interdisciplinary collaboration, and the need for structured integration of Yoga with Naturopathy to strengthen healthcare delivery.

Overall, the National Conference on Naturopathy–2026 successfully facilitated knowledge exchange, policy dialogue, and collaborative engagement, reaffirming the Government of India's vision of promoting integrative healthcare systems for a healthier and more sustainable future.





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(Release ID: 2224733) Visitor Counter : 122

