The 9th National Colloquium on Evidence Based Integrative Medicine for Lymphatic Filariasis and other Chronic Dermatoses

Date:
January 14th to 17th 2019

Venue:
Institute of Applied Dermatology
Uliyathadka, Madhur Road, Kasaragod,
Kerala

Theme:
Aetiological diagnosis and Morbidity
Management and Disability Prevention of Lymphoedema

Organized by
Institute of Applied Dermatology
in association with
Centre for Integrated Medicine and Public Health,
Directorate of Health Services, Government of Kerala

Co-Sponsored by:

Kerala State Council for Science, Technology and Environment,
Thiruvananthapuram, Government of Kerala
<table>
<thead>
<tr>
<th>Date and Sessions</th>
<th>Time</th>
<th>Topic and speaker</th>
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<tbody>
<tr>
<td><strong>14th January 2019</strong></td>
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<tr>
<td><strong>Session 1</strong></td>
<td>9.00 AM to 9.02 AM</td>
<td><strong>Colloquium Begins</strong></td>
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<tr>
<td><strong>Moderators:</strong></td>
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</table>
| Prof. Terence J Ryan | 9.02 AM to 9.30 AM | **Keynote Addresses:**
| Emeritus Professor of Dermatology, Green Templeton College, Oxford, UK | | *Aetiological diagnosis in lymphedema*
| Prof. Sahar Mansour | 9.30 AM to 10.00 AM | **Management of chronic skin disorders: meeting points & differences for biomedicine & Ayurveda**
| Professor & Consultant Clinical Geneticist, St. George’s, University of London | | Prof. Peter Mortimer
| | | Professor of Dermatological Medicine, St. George’s, University of London
| | 10.00 AM to 10.10 AM | **Discussion**
| **Session 2** | | |
| **Public function** | 10.10 AM to 11.20 AM | **Prayer (2 minutes)**
| | | **Screening of IAD film (5 minutes)**
| | | **Welcome speech “IAD Colloquiums”**
| | | Dr. S.R. Narahari, Director, Institute of Applied Dermatology, Kasaragod
| | | **Lighting of lamp**
| | | **Introducing Dr. A.C. Padmanabhan:**
| | | Dr. K.S. Prasanna
| | | Director, Institute of Applied Dermatology, Kasaragod
| | | **Honouring the eminent doctor A.C. Padmanabhan by guests**
| | | **Acceptance speech: Dr. A.C. Padmanabhan**
| | | Senior Paediatrician, Padma Poly Clinic & Hospital, Kanhangad, Kerala
| | | **Colloquium inauguration - N.A. Nellikkunnu**
| | | MLA, Kasaragod
| | | **Felicitations** -
| | | Prof. Terence J Ryan, Oxford, UK
| | | Prof. M.S. Baghel, Jaipur
| | | Dr. A.P. Dinesh Kumar
| | | District Medical Officer (H), Kasaragod
| | | **Vote of thanks - Mr. Prajul R.K**
| | | Administrative Officer, IAD, Kasaragod
<p>| | Break |</p>
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<tr>
<th>Session 3</th>
<th>Lyphoedema medical camp/CME: Bedside clinical teaching on lymphoedema and chronic skin diseases</th>
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<tr>
<td>Room No 10 (Ground floor)</td>
<td>Prof. Terence Ryan, Prof. Peter Mortimer &amp; team (UK), Prof. M.S. Baghel, Dr. Rie Roselyne Yotsu and other world renowned clinicians from India &amp; abroad will be available for consultation and giving opinion on patients’ illness. Doctors will also explore possibilities of non-filarial lymphoedema and genetic transmission of the disease. Dr. S.R. Narahari, Dr. K.S. Prasanna, Dr. M.G. Aggithaya &amp; IAD’s health care team will also assist.</td>
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<tr>
<td>Parallel Session: Seminar Hall Second Floor</td>
<td>Lyphoedema Health Literacy (CME hands on skills of clinical communication)</td>
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<tr>
<td>Moderator: Dr. Roopa Kamath Ayurveda Consultant, IAD, Kasaragod</td>
<td>Interaction with: Mr. William Repicci President &amp; CEO, Lymphatic Education &amp; Research Network, New York Dr. Rajagopala S Department of Pediatrics, All India Institute of Ayurveda, New Delhi Sharing experiences: Mr. Nakul (in Hindi) Mr. Veeraraju (in Telugu)</td>
</tr>
<tr>
<td>Parallel Session: Room No 15 First floor</td>
<td>Yoga for lymphoedema: lectures and demonstration along with patients and therapists</td>
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<td>Dr. Sachin Kumar Sharma Msc Phd Patanjali Yogpeeth, Haridwar, Uttarakhand</td>
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<tr>
<td>Lunch Break</td>
<td>Session 3 continues Lyphoedema medical camp continues</td>
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<td></td>
<td>Lyphoedema Health Literacy (CME hands on skills of clinical communication)</td>
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<td></td>
<td>Interaction with: Ms. Katie Riches Nurse, Royal Derby Hospital, Derby, United Kingdom Dr. Girish K.J. Professor, Department of Kayachikitsa, SDM College of Ayurveda &amp; Hospital, Hassan Sharing experiences: Mrs. Guna (In Tamil) Mr. Ranganathan Chakka (In English)</td>
</tr>
<tr>
<td>Tea Break</td>
<td>Session 4 Creating awareness and commitment for lymphoedema care worldwide</td>
</tr>
</tbody>
</table>
### Session 5

**Moderators:**

- **Prof. M.S. Baghel**
  (Formerly Director, Institute of Post Graduate Training & Research in Ayurveda, Jamnagar), Jaipur
- **Prof. Peter Mortimer**
  Professor of Dermatological Medicine, St. George's, University of London

**4.05 PM to 4.15 PM**

**Inborn errors recognized in Ayurveda**

**Dr. Rajagopala S**

Department of Pediatrics, All India Institute of Ayurveda, New Delhi

**Discussion**

**5.05 PM to 5.20 PM**

**Genetic studies on congenital lymphoedema**

**Dr. Malou Van Zanten**

Research coordinator, Molecular and Clinical Sciences Institute (Dermatology Unit), St. George's, University of London

**Discussion**

### Session 6

**Moderators:**

- **Dr. Jayadeva Kangila**
  Chief Physician, Carewell Hospital Pvt. Ltd, Kasaragod
- **Prof. Peter Mortimer**
  Professor of Dermatological Medicine, St. George's, University of London

**5.20 PM to 5.50 PM**

**Cellulitis in lymphoedema**

**Dr. Vaughan Keeley**

Department of Lymphedema, Royal Derby Hospital, Derby, United Kingdom

**IAD’s data on ADLA**

**By Team IAD**

**Discussion**

### Session 7

**Moderators:**

- **Dr. Rajagopala S**
  Department of Pediatrics, All India Institute of Ayurveda, New Delhi
- **Dr. Vijaya Ramachandran**
  Panchakarma Consultant, Retired District Medical Officer (ISM), Kasaragod

**6.00 PM to 6.18 PM**

**How to recommend what lymphoedema patients should eat?**

**Ms. Sruthi Mol**

Integrative Dietician, IAD, Kasaragod

**Discussion**

**6.18 PM to 6.35 PM**

**Nutritional values & Ayurvedic reasoning of local cuisine served during the colloquium**

**Ms. Sruthi Mol**

Integrative Dietician, IAD, Kasaragod

### Closure of the day

**15th January, 2019**

### Session 8

**Moderators:**

- **Prof. Terence J Ryan**
  Emeritus Professor of Dermatology, Green Templeton College, Oxford, UK
- **Prof. Indrani Karunasagar**
  Director (R&D) & UNESCO Resources Center for Biotechnology, Nitte University, Mangalore

**9.00 AM to 10.10 AM**

**Keynote addresses:**

**Reaching endpoints for lymphatic filariasis in Gujarat**

**Dr. Anjali Modi**

Department of Community medicine, Govt Medical college, Surat, Gujarat

**Lymphoedema genes and patient counselling**

**Prof. Sahar Mansour**

Professor & consultant clinical geneticist, St. George's, University of London
<table>
<thead>
<tr>
<th>Session 9</th>
<th>10.15 AM to 1.15PM</th>
<th><strong>Lympoedema medical camp/CME: Bedside clinical teaching on lymphoedema and chronic skin diseases.</strong></th>
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<td>(Room No 10 Ground floor)</td>
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<td>World renowned clinicians and International and National level doctors are available for consultation for the patients</td>
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<td><strong>Parallel Session:</strong></td>
<td>12.00 PM to 12.45 PM</td>
<td><strong>Lympoedema Health Literacy (CME hands on skills of clinical communication)</strong></td>
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<td>(Seminar hall second floor)</td>
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<td><strong>Interaction with:</strong></td>
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<td>Moderator:</td>
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<td><strong>Dr. Rie Roselyne Yotsu</strong></td>
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<td>Ms. Aneesha A.R.</td>
<td></td>
<td>National Center for Global Health and Medicine, Tokyo, Japan</td>
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<tr>
<td>Dermatology Nurse, IAD, Kasaragod</td>
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<td><strong>Dr. Nandini Kumar</strong></td>
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<td>Former DDG (ICMR), Vice President, Forum for Ethical Review Committees in India, Chennai</td>
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<td><strong>Sharing experiences:</strong></td>
<td></td>
<td><strong>Mr.Suresh Karthikeyan (In English)</strong></td>
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<td>Mr.Jagannathan (In Hindi)</td>
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<td><strong>Dr. Sachin Kumar Sharma Msc Phd</strong></td>
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<td>Patanjali Yogpeeth, Haridwar, Uttarakhand</td>
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<td><strong>Lunch Break</strong></td>
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<tr>
<td>Session 9 continues</td>
<td>2.00 PM to 3.15 PM</td>
<td><strong>Lympoedema medical camp continues</strong></td>
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<td>Moderator:</td>
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<td><strong>Prof. Terence Ryan</strong></td>
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<td><strong>Ms. Reshma D’Souza</strong></td>
<td></td>
<td>Emeritus Professor of Dermatology, Green Templeton College, Oxford, UK</td>
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<tr>
<td>Dermatology Nurse, IAD, Kasaragod</td>
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<td>Department of Community Medicine, Govt Medical college, Surat, Gujarat</td>
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<td><strong>Sharing experiences:</strong></td>
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<td>Mr. Ganesh Kumar (In Tamil)</td>
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<td>Mr. Sanjar Kamal (In Hindi)</td>
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<td><strong>Tea Break</strong></td>
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<tr>
<td>Session 10</td>
<td>3.45 PM to 4.10 PM</td>
<td><strong>Interpretation of care: Health care and Humanity</strong></td>
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<td><strong>Prof. Terence Ryan</strong></td>
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<tr>
<td>Prof. Indrani Karunasagar</td>
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<td>11</td>
<td>4.10 PM to 4.30 PM</td>
<td>Ethical issues in international collaboration in genetic studies and trials involving AYUSH</td>
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<td>4.30 PM to 4.45 PM</td>
<td>Discussion</td>
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<td>11</td>
<td>4.45 PM to 5.05 PM</td>
<td>Evidence based Ayurveda: Status of clinical, laboratory studies and reverse pharmacology studies</td>
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<td>5.05 PM to 5.15 PM</td>
<td>Discussion</td>
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<tr>
<td>12</td>
<td>5.15 PM to 5.35 PM</td>
<td>Breast Cancer Lymphoedema: development and assessment / measurement</td>
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<td>5.35 PM to 5.45 PM</td>
<td>Discussion</td>
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<td>13</td>
<td>5.45 PM to 6.00 PM</td>
<td>Morbidity management of Lymphoedema: experiences and needs</td>
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<td>6.00 PM to 6.10 PM</td>
<td>Discussion</td>
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<td>14</td>
<td>6.10 PM to 6.30 PM</td>
<td>Atopic March in school-going students of Kasaragod</td>
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<td>6.30 PM to 6.40 PM</td>
<td>Discussion</td>
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<td>6.40 PM to 6.45 PM</td>
<td>South Indian food diversity</td>
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Closure of the day with Kasaragod local cuisine of dinner and sweets
### 16th January, 2019

#### Session 15
**Public Function**
- **Walk for elephantiasis**
  - **Padmashri Vaidya Rajesh Kotecha**
    - Secretary, Ministry of AYUSH, Govt of India, New Delhi
  - Walk at IAD junction, Uliyathadka along with patients, IAD team of doctors, national and international faculty, delegates and other health care workers

#### Breakfast (9.00AM to 9.30AM)

#### Session 16
**Public Function**
- **Launching of the slogan** “Never fear filariasis or lymphoedema; We care for you”
  - **Screening the film on integrated medicine protocol for lymphoedema**
  - **What is this slogan?** Dr. S.R. Narahari
  - **Integrated medicine treatment of lymphoedema for morbidity management and disability prevention of Lymphatic Filariasis**
    - Prof. T.J. Ryan
  - **Western View of IAD’s integrated medicine protocol**
    - Prof. Peter Mortimer
  - **Launch of the slogan and speech by the chief guest**
    - Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, New Delhi
  - **Felicitations:**
    - Prof. M.S. Baghel
    - Dr. Nandini Kumar
  - **Vote of thanks**
    - Dr. T.A. Bailur
    - Director, IAD, Kasaragod

**Break (Tender Coconut and snacks) and interaction of Secretary with the media**

#### Session 17
**Room No 10 (Ground floor)**
**Parallel Session:**
(Seminar hall second floor)

**Moderator:**
- **Dr. Kairul Kurshida G**
  - Homoeopathy Consultant, IAD, Kasaragod

- **Lymphoedema medical camp/CME: Bedside clinical teaching on lymphoedema and chronic skin diseases.**
  - World renowned clinicians and International and National level doctors are available for consultation for the patients.

- **Lymphoedema Health Literacy (CME hands on skills of clinical communication)**

**Interaction with:**
- **Vaidya Rajesh Kotecha**
  - Secretary, Ministry of AYUSH, Govt of India, New Delhi

- **Dr. Vaughan Keeley**
  - Department of Lymphedema, Royal Derby Hospital, Derby, United Kingdom

**Sharing experiences:**
- **Mrs. Rabbuni (In Telugu & English)**
### Parallel Session

**Room No 15 First floor**

- **Mr. Nikhil (In Hindi & English)**
- **Mrs. Kalaben (In Gujarati)**
- **Mrs. Shobha Devi (In Kannada)**

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<td>Dr. Sachin Kumar Sharma Msc Phd, Patanjali Yogpeeth, Haridwar, Uttarakhand</td>
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<td>3.00 PM to 5.00 PM</td>
<td><strong>Prof. Mruthyunjaya</strong></td>
<td>HOD, Department of Orthopaedics, JSS Academy of Higher Education &amp; Research, Mysore</td>
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### Session 18

**Moderators:**
- **Vaidya Rajesh Kotecha**
  Secretary, Ministry of AYUSH, Govt of India, New Delhi
- **Prof. Terence J Ryan**
  Emeritus professor of dermatology, Green Templeton College, Oxford, UK

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<tr>
<td>2.00 PM to 2.40 PM</td>
<td><strong>Keynote address:</strong></td>
<td><strong>Chronic Wound care in Japan and its realities in Africa</strong></td>
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<td><strong>Dr. Rie Roselyne Yotsu</strong></td>
<td>National Center for Global Health and Medicine, Tokyo, Japan</td>
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<td><strong>Re-positioning ayurvedic medicines for chronic diseases</strong></td>
<td>Dr. Anantharam Sharma, Department of Panchakarma, Amrita University &amp; School of Ayurveda, Kollam, Kerala</td>
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</table>

### Session 19

**Moderators:**
- **Prof. Peter Mortimer**
  Professor of Dermatological Medicine, St. George’s, University of London
- **Dr. T.A. Bailur**
  Director, IAD, Kasaragod
- **Prof. Sahar Mansour**
  Professor & consultant clinical geneticist, St. George’s, University of London

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<tr>
<td>2.50 PM to 3.00 PM</td>
<td><strong>Clinic to lab studies conducted at IAD through intersectoral collaboration using integrated medicine:</strong></td>
<td><strong>Clinical outcomes and data analytics of integrative medicinal treatment of lymphedema</strong></td>
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<td></td>
<td><strong>Dr. S.R. Narahari</strong></td>
<td>Dr. S.R. Narahari, Dermatologist, Institute of Applied Dermatology, Kasaragod</td>
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<td><strong>Dr. M.G. Aggithaya</strong></td>
<td>Dr. M.G. Aggithaya, Chief Consultant Ayurveda, Institute of Applied Dermatology, Kasaragod</td>
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<td><strong>Clinico-pathological correlation of cellular changes in lymphedema</strong></td>
<td>Dr. Vijaya Basavaraj, Professor of Pathology, JSS Academy of Higher Education &amp; Research, Mysore</td>
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<td><strong>Upregulation of collagen type III gene transcript in the fibrotic skin limb nodules of grade-3 Lymphedema patients</strong></td>
<td>Dr. Rajendra Pilankatta, Associate Professor, Molecular Biology and Biochemistry, Central University of Kerala, Kasaragod</td>
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### Discussion

**3.20 PM to 3.45 PM**

**Tea Break**
## Session 20

**Moderator:**

**Mr. Ashok Raman**  
Data Scientist and Software developer, Bangalore

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Panelists</th>
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</table>
| 4.15 PM to 5.00 PM | Panel discussion on Bahmni database for integrative medicine and analytics. | **Panelists:**  
Dr. M.G. Aggithaya  
Chief Consultant Ayurveda, IAD, Kasaragod  
Dr. Muralidharan K  
Division of Social Sciences, Central Plantation Crops Research Institute, Kasaragod  
Prof. Peter Mortimer  
Professor of Dermatological Medicine, St. George's, University of London  
Dr. Girish K.J.  
Professor, Department of Kayachikitsa, SDM College of Ayurveda & Hospital, Hassan  
Mr. Shashidhara Kotian  
Biostatistician, Department of Community Medicine, Kasturba Medical College, Mangalore, Manipal University |

## Session 21

**Chairperson:**

**Vaidya Rajesh Kotecha**  
Secretary, Ministry of AYUSH, Govt of India, New Delhi

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| 5.00 PM to 5.30 PM | Panel discussion on Integrated medicine of lymphoedema for AYUSH public health | **Panelists:**  
Prof. M.S. Baghel  
(Formerly Director, Institute of Post Graduate Training & Research in Ayurveda, Jamnagar), Jaipur  
Prof. Terence J Ryan  
Emeritus Professor of Dermatology, Green Templeton College, Oxford, UK  
Mr. Shashidhara Kotian  
Biostatistician, Manipal University  
Dr. S.R. Narahari  
Director, Institute of Applied Dermatology, Kasaragod |

## Session 22

**Moderators:**

**Dr. Anantharam Sharma**  
Department of Panchakarma, Amrita University & School of Ayurveda, Kollam, Kerala  
**Dr. Vivek Sudhakaran**  
Consultant in Homoeopathy, Hosdurg, Kannhangad, Kerala

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| 5.30 PM to 5.50 PM | Dietary patterns and ‘virudha ahara’ in lymphoedema patients | **Panelists:**  
Ms. Sruthi Mol  
Integrative Dietician, IAD, Kasaragod  
Dr. M.G. Aggithaya  
Chief Consultant Ayurveda, IAD |

## Session 23

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<th>Time</th>
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| 6.05 PM to 7.00 PM | Interviews with delegates and patient interactions | **Panelists:**  
Ms. Sruthi Mol  
Integrative Dietician, IAD, Kasaragod |
# 17th January, 2019

## Session 24

**Moderators:**
- **Dr. Muralidharan K**  
  Division of Social Sciences, Central Plantation Crops Research Institute, Kasaragod
- **Dr. M.G. Aggithaya**  
  Chief Consultant Ayurveda, IAD, Kasaragod

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<tr>
<th>Time</th>
<th>Activity</th>
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| 9.00 AM - 9.20 AM | Keynote address: Lymphoedema database and analytics  
  Mr. Ashok Raman  
  Data Scientist and Software developer, Bangalore |
| 9.20 AM - 9.30 AM | Discussion                                                               |

## Session 25

**Room No 10 (Ground floor)**

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| 9.30 AM - 12.45 PM | Lymphoedema medical camp/CME: Bedside clinical teaching on lymphoedema and chronic skin diseases.  
  World renowned clinicians and International and National level doctors are available for consultation for the patients. |

## Parallel Session:

**Seminar hall second floor**

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| 10.00 AM - 10.45 AM | Interaction with:  
  Ms. Katie Riches  
  Nurse, Royal Derby Hospital, Derby, United Kingdom  
  Dr. Anantharam Sharma  
  Department of Panchakarma, Amrita University & School of Ayurveda, Kollam, Kerala  
  Sharing experiences:  
  Mr. Ankit (In Hindi)  
  Mrs. Kalaben (In Hindi) |

## Parallel Session:

**Room No 15 First floor**

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| 10.00 AM - 12.00 PM | Yoga for lymphoedema: lectures and demonstration along with patients and therapists  
  Dr. Sachin Sharma Msc Phd  
  Patanjali Yogpeeth, Haridwar, Uttarakhand  
  Prof. Mruthyunjaya  
  HOD, Department of Orthopaedics, JSS Academy of Higher Education & Research, Mysore  
  Dr. M.G. Aggithaya  
  Chief Consultant Ayurveda, IAD, Kasaragod |

## Lunch Break

## Session 26

**Moderators:**
- **Prof. Peter Mortimer**  
  Professor of Dermatological Medicine, St. George's, University of London

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| 2.00 PM - 3.00 PM | Brainstorming: Intersectoral collaboration and international cooperation for research priorities in integrative medicine  
  1. Prof. Terence Ryan  
  2. Dr. Rie Roselyne Yotsu |
| Dr. S.R. Narahari  
Director, Institute of Applied Dermatology, Kasaragod | 3.00 PM | 3.  
Dr. Malou Van Zanten  
4. Dr. Vaughan Keeley  
5. Mr. Ashok Raman  
6. Dr. Rajendra Pilankatta  
7. Dr. Vijaya Basavaraj  
8. Dr. M.G. Aggithaya  
9. Faculty of Centre for Human Genetics, Bangalore and Biogenix research centre for molecular biology and applied sciences, Thiruvananthapuram |
|---|---|---|
| Session 27  
**Colloquium Concluding Ceremony** | Concluding remarks:  
Prof. Terence J Ryan  
Emeritus Professor of Dermatology, Green Templeton College, Oxford, UK  
Prof. Peter Mortimer  
Professor of Dermatological Medicine, St. George's, University of London  
Prof. Mruthyunjaya  
HOD, Department of Orthopaedics, JSS Academy of Higher Education & Research, Mysore  
Dr. Rie Roselyne Yotsu  
National Center for Global Health and Medicine, Tokyo, Japan  
Presidential Address:  
Dr. D Sajith Babu, The District Collector, IAS | 3.00 PM to 3.35 PM | Vote of thanks  
Dr. M.G. Aggithaya  
Chief Consultant Ayurveda, IAD, Kasaragod |
| Teabreak | Meet lymphoedema experts  
**Question and answer session for therapists and patients**  
**Interaction with:**  
Prof. Peter Mortimer  
Dr. Vaughan Keeley  
Dr. Rie Roselyne Yotsu  
Dr. Malou Van Zanten  
Dr. M.G. Aggithaya  
Ms. Katie Riches  
**South Indian food diversity**  
Nutritional values & Ayurvedic reasoning of local cuisine  
Ms. Sruthi Mol  
Integrative Dietician, IAD, Kasaragod | 6.30 PM to 7.00 PM |  
Colloquium ends with Kasaragod local cuisine of dinner and sweets |