



Day 1

July 13, 2015

09:00-09:30 Registrations



Liberty 1-2

09:30-10:00

Opening Ceremony

Keynote Forum

10:00-10:40 **Does breathing really help you relax? Technical evidence**
Harry L Campbell, Biofeedback Resources International, USA

Coffee Break 10:40-11:00 @ Foyer

11:00-11:40 **Stress: The good, the bad and the ugly**
Esther Louise Sabban, New York Medical College, USA

11:40-12:20 **Stress**
Mette Mouritsen, Bevidst Medicine, Denmark

12:20-13:00 **Shaping the future of stress science: The experience from Greece**
Christina Darviri, University of Athens, Greece

Discussion and Group Photograph

Lunch Break: 13:00-14:00 @ Benjamins

Workshop

14:00-16:00 **Biofeedback as a therapy for stress related disorder**
Harry L Campbell, Biofeedback Resources International, USA

Coffee Break: 16:00-16:20 @ Foyer

Session on: Stress Management and Therapy

Session Chair: Esther Louise Sabban, New York Medical College, USA

16:20-16:50 **Perceived stress and general health in medical students in Saudi Arabia**
Ahmed Alkhalaf, Albaha University, Saudi Arabia

16:50-17:20 **Prevalence of depression among HIV patients on antiretro viral therapy**
Ramesh Babu, Raichur Institute of Medical Sciences, India

17:20-17:50 **Non-Pharmaceutical Stress Management & Lifestyle Change Program (Heal Stress Study) for Blood Pressure Control and Psychosocial Wellbeing in 266 Patients in Attica, Greece: A qualitative report**
Christina Darviri, University of Athens, Greece

Day 2

July 14, 2015

Workshop

10:00-12:20 **Stress management through chanting mantra**
Inderdeep Kaur, University of Delhi, India

Coffee Break: 10:45-11:05 @ Foyer

Session on: Stress and Health

Session Chair: Mette Mouritsen, Bevidst Medicine, Denmark

12:20-12:50 **Pythagorean self-awareness for stress management, memory improvement and sense of well-being in mild cognitive impairment: A pilot study**
Christina Darviri, University of Athens, Greece

12:50-13:20 **Therapeutic effects of yoga on mental health and stress levels**
Gaurav Chaudhari, Municipal Medical College, India

Lunch Break: 13:20-14:00 @ Benjamins

14:00-14:30 **Methods to balance the stress response in dealing with symptoms and diseases**
Mette Mouritsen, Bevidst Medicine, Denmark

14:30-15:00 **Neuropsychiatric ramifications following Traumatic Brain Injury**
Asif Khan, Avalon University School of Medicine, USA

15:00-15:30 **My Pain is 10 out of 10. Patients vs Actors in a Clinical Setting**
Mariyah Hussain, Houston Psychiatry Health Care, USA

15:30-16:00 Implementation of pilot program for stress management and promotion of health for people experiencing bereavement. Randomized clinical trials to the general population

Anastasia Giannaki, University of Athens, Greece

Coffee Break: 16:00-16:20 @ Foyer

Poster Sessions 16:20-17:20 @ Foyer

Poster Judge: Esther Louise Sabban, New York Medical College, USA

- P1** My Pain is 10 out of 10. Patients vs Actors in a Clinical Setting
Mariyah Hussain, Houston Psychiatry Health Care, USA
- P2** Neuropsychiatric ramifications following traumatic brain injury
Satneet Singh, Johns Hopkins Bloomberg School of Public Health, USA
- P3** Biomarkers in Post Traumatic Stress Disorders
Sushma Kosaraju, Thomas Jefferson University, USA
- P4** Cigarette Smoking and Schizophrenia: An Unmet Public Health Burden
Gaurav Chaudhari, Municipal Medical College, India

Day 3 July 15, 2015

Workshop

10:00-12:30 New Insights into Endogenous Neuropeptides in Mediating Responses to Stress
Esther Louise Sabban, New York Medical College, USA

Coffee Break: 10:45-11:15 @ Foyer
Lunch Break: 12:30-13:30 @ Benjamins

Workshop

13:30-14:00 The Benefits of Doing Nothing
Graham Talley, Float on Inc, USA

14:00-14:30 The Benefits of Doing Nothing
Ashkahn, Float on Inc, USA

Closing Ceremony and Lunch



Bookmark your dates

**2nd Annual Experts Meeting on
Depression, Anxiety & Stress Management**
November 07-09, 2016 Valencia, Spain

Website: <http://stressmanagement.global-summit.com>

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Upcoming Conferences

5th International conference & Exhibition on **Neurology and Therapeutics**

neurology@omicsgroup.com March 24-26, 2016 London, UK

2nd International Conference on **Psychiatry and Psychiatric Disorders**

psychiatry@omicsgroup.com May 2-4, 2016 Chicago, USA

2nd Global Summit on **Neurological Disorders and Stroke**

stroke@omicsgroup.com May 19-21, 2016 San Antonio, USA

2nd International Conference on **Emergency Mental Health**

mentalhealth@omicsgroup.com June 9-11, 2016 Cologne, Germany

2nd International conference on **Autism, Child Development and Adolescent Medicine Child**

childpsychology@omicsgroup.com Aug 29- 31, 2016 San Francisco, USA

2nd International Conference on **Brain Disorders and Brain Engineering**

braindisorders@omicsgroup.com Aug 29- 31, 2016 San Francisco, USA

International Conference on **Fibromyalgia & Chronic Pain**

fibromyalgia@omicsgroup.com Sept 22-24, 2016 Las Vegas, USA

4th International Conference on **Alzheimer's Disease & Dementia**

dementia@omicsgroup.com Sept 29-Oct 1, 2016 London, UK

2nd International Conference on **Epilepsy & Treatment**

epilepsy@omicsgroup.com Oct 3-5, 2016 Alicante, Spain

International Conference on **Neuro-Oncology**

neurooncology@omicsgroup.com Oct 5-7, 2016 Alicante, Spain

4th Psychiatrists Meeting and Medicare Expo on **Psychiatry**

europsychiatrists@omicsgroup.com Oct 31 - Nov 2, 2016 Copenhagen, Denmark

Global Neurologists Meeting on **Neuro Surgery and Spinal Disorders**

neurologists@omicsgroup.com Nov 14-16, 2016 Istanbul, Turkey

2nd International Conference on **Pulmonary Critical care and Sleep Medicine**

sleepmedicine@omicsgroup.com Nov 28- 30, 2016 Chicago, USA

3rd International Conference on **Schizophrenia and Psychosis**

psychiatrist@omicsgroup.com Nov 28- 30, 2016 Chicago, USA

2nd International Conference on **Parkinsons Disease & Movement Disorder**

parkinsons@omicsgroup.com Dec 8-10, 2016 Philadelphia, USA