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### **Living with COVID-19 - Evidence based Mindfulness as Integrative Approach**

COVID 19 has completely transformed human lives, coping behaviour and various fields of research activity. The development of vaccine and its success hinges not only on its efficacy and safety but also on the biology of belief that it may benefit the individual who will receive it. Even though fear, uncertainty and stress is being replaced by the conviction that co-existence with Corona virus will define the post COVID era, the lifestyle modification is imperative. Yoga and mindfulness approach provides a secular framework for risk reduction of COVID-19 susceptibility and a evidence based counter stress measure that impinges on neuropsychimmunological framework for rescue to an ensuing mental health pandemic in making. The talk will inform of the latest developments in the field ranging from randomised control trials and 'n of 1' studies-giving a new hope in dealing with human crisis- to evolution of a more empathetic Integrative healthcare system.