



Yoga and Neurosciences: Traditions and Research Approaches

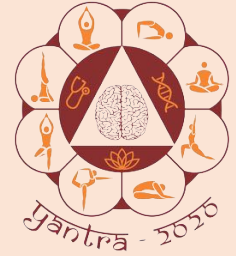
"YANTRA 2020"

An International Conference

Virtual Meeting Dates:

9th, 10th, 16th and 17th Oct 2020

www.yantra2020.com



Yoga which took its roots in India has spread its branches all over the world and has benefited millions of people around the globe. To understand how this has been possible, we need to approach yoga as a science and not just a mystical practice.

The aim of this conference is to bring forward all the traditions of yoga to an international platform, understand the science behind it, and communicate this to other sciences as well.

In the backdrop of the current COVID-19 pandemic, sessions are planned in a unique way – 4 brief sessions over **two weekends (9th, 10th, 16th and 17th Oct 2020)** with a 'connecting yogic bridge' consisting of exclusive online live yoga sessions for one hour every day from **11 – 15 October**. The sessions would be conducted by masters from different schools of yoga participating in the conference.

Organized by

The National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru
in collaboration with SVYASA Yoga University, Bengaluru

Supported by the R N Moorthy Foundation for Mental Health and Neurosciences

Registration:



Fees: Consultant/Student – India (INR 1020)

Consultant/Student – Overseas (USD \$50)

Link: <https://in.eregnow.com/ticketing/register/yantra2020>



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Speakers and Resource Persons



Dr. B N Gangadhar
Director, NIMHANS
Bengaluru, India



Dr. H R Nagendra
Chancellor, SVYASA
Yoga University
Bengaluru, India



Dr. W. Selvamurthy
President of Amity Science,
Technology and Innovation
Foundation, New Delhi, IN



Dr. Vinod Deshmukh
Emeritus A/Professor of
Neurology, University of
Florida, USA



Dr. S K Chaturvedi,
Senior Professor,
Dept. of Psychiatry,
NIMHANS



**Dr. Balachundhar
Subramaniam**
Associate Professor of
Anesthesia, Harvard
Medical School, USA



Dr. Sat Bir Singh Khalsa
Asst. Prof., Harvard
Medical School, and
Director of Yoga
Research, Yoga Alliance,
USA



Dr. Ravindra Panth
Former Director Nava
Nalanda Mahavihara
(Deemed University, NNM)
Nalanda University, India



**Dr. Srinivasan
Narayanan**
Professor, Centre of
Behavioural and Cognitive
Sciences University of
Allahabad, India



Dr. Shirley Telles
Director of Research,
Patanjali Research
Foundation
Patanjali Yogpeeth,
Haridwar, India



Dr. Manoj Naik
Consultant Physician and
Iyengar Yoga Expert, Krishna
Hospital, Pune, India



Dr. Ramesh Mavathur
Professor of Life Sciences
Anvesana Research Laboratories,
S-VYASA Yoga
University, Bengaluru, India



Dr. Raghavendra Rao
Director, Central Council for
Research in Yoga and
Naturopathy (CCRYN) New
Delhi, India



Dr. Vinoda Kochupillai
Research Head, Sri Sri Centre for
Advanced Research
Bengaluru, India



Dr. Madhur Rai
Sahaja Yoga Research Development
Program, MGM Institute of Health
Sciences, Navi Mumbai.



Dr. R Nagarathna
Director, Arogyadhama,
SVYASA,
Bengaluru, India



Dr. Akshay Anand
Professor, Dept. of
Neurology, PGIMER,
Chandigarh, India



Dr. Sandeep Rai
Senior Professor, Dept. of
Medicine, MGM Inst of Health
Sciences, Navi Mumbai



Dr Bindu Kutty
Professor, Dept. of
Neurophysiology, NIMHANS,
Bengaluru, India



Dr. TN Sathyaprabha
Professor and Head, Dept. of
Neurophysiology
NIMHANS, Bengaluru, India



Dr. Malla Bhaskara Rao
Prof of Neurosurgery,
NIMHANS, Bengaluru, India



Dr. Kaviraj Udupa
. Additional Professor, Dept of
Neurophysiology, NIMHANS,
Bengaluru, India



Dr. Shivarama Varambally
Prof of Psychiatry, Head, Dept.
of Integrative Medicine,
NIMHANS, Bengaluru, India



Dr. Aarti Jagannathan
Associate Prof of Psychiatric
Social Work, NIMHANS,
Bengaluru, India



Dr Kishore Kumar R
Assistant Professor of
Ayurveda, NIMHANS,
Bengaluru, India



Dr. Hemant Bhargav
Assistant Prof of Yoga,
NIMHANS,
Bengaluru, India



Dr. Bharath Holla
Assistant Prof of
Psychiatry, NIMHANS,
Bengaluru, India

DAY 1 - October 9, 2020

Time	Topic	Speaker	Moderator
4:00 – 5:00 pm	Inauguration - Presided over by Prof. B N Gangadhar		
5:00 – 5:40 pm	Track wise Session 1: History and evolution of <i>Iyengar Yoga</i> ; Its application in Mental Health	Dr Manoj Naik	Dr. Aarti Jagannathan
5:40 - 6:20 pm	History and evolution of <i>Kundalini Yoga</i> ; Its application in Mental Health	Dr. Sat Bir Singh Khalsa	Dr. Bharath Holla
6:20 – 7:00 pm	Plenary Session 1: Need for Standardized Yoga Programs in Health Care	Prof. B N Gangadhar	
7:00 – 7:30 pm	Poster presentation 1		
7:30 – 8:00 pm	Yoga for COVID19 (Practical)		

DAY 2 - October 10, 2020

Time	Topic	Speaker	Moderator
4:30 – 5:10 pm	Track wise Session 2: History and evolution of <i>IAYT Approach</i> ; Its application in Mental Health	Dr. Ramesh Mavathur	Dr. Hemant Bhargav
5:10 – 5:50 pm	History and evolution of <i>Patanjali Yoga</i> ; Its application in Mental Health	Faculty from Patanjali Yogpeeth	Dr. T. N. Satyaprabha
5:50 – 6:30 pm	Plenary session 2: Yoga in the times of COVID 19	Dr. H R Nagendra	
6:30 – 8pm	Research Symposium	Speaker	Chairperson
6:30 – 7:00 pm	Session 1: An overview of yoga research	Dr. Sat Bir Singh Khalsa	Dr. R Nagarathna
7:00 – 7:30 pm	Session 2: Scientific grant writing & funding opportunities	Dr. Akshay Anand	Dr. Raghavendra Rao
7.30 – 8:00 pm	Session 3: Update on ongoing projects in Yoga & Meditation	Dr. Shivarama Varambally	Dr. Malla Bhaskara Rao



October 11 – 15: 4.30 to 5.30 PM

Live Yoga practice sessions by Yoga schools



DAY 3 - October 16, 2020

Time	Topic	Speaker	Moderator
4:30 – 5:10 pm	Track wise Session 3: History and evolution of <i>Sudarshan Kriya Yoga</i> (Art of Living); Its application in Mental Health	Dr. Vinoda Kochupillai	Dr. Kishore Kumar R
5:10 – 5:50 pm	History and evolution of <i>Sahaj Yoga</i> ; Its application in Mental Health	Dr. Sandeep Rai Dr. Madhur Rai	Dr. Kaviraj Udupa
5:50 – 6:30 pm	Plenary session 3: Integrating Yoga into Mainstream Medicine	Dr. Shirley Telles	
6:30 – 7:20 pm	Poster Presentation 2		
7:20 - 8:00 pm	History and evolution of <i>Isha Yoga</i> ; Its application in Mental Health	Dr. Balachundar Subramaniam	Dr. Shivarama Varambally

DAY 4 - October 17, 2020

Time	Topic	Speaker	Moderator
4:30- 7:10 pm	Meditation Symposium		
4:30 – 5:10 pm	Session 1: Relevance of <i>Vipassana</i> Meditation	Prof. Ravindra Panth	Dr. Bindu Kutty & Team
5:10 – 5:50 pm	Session 2: Self and Circadian Information Processing: Neuroscience and Yoga Perspectives."	Prof. Vinod Deshmukh	
5:50 – 6:30 pm	Session 3: Meditation and Cognition	Prof. Srinivasan Narayanan	
6:30 – 7:10 pm	Key Note Address: Yoga and Meditation for holistic health: Scientific perspectives	Prof. W. Selvamurthy	
7:10 – 8:00 pm	Valedictory: Presided over by Prof. S K Chaturvedi		

PATRONS

Dr. B N Gangadhar, Director, NIMHANS, Bengaluru

Dr. H R Nagendra, Chancellor, SVYASA Yoga University, Bengaluru

INTERNATIONAL ADVISORY COMMITTEE

Dr. Sat Bir Singh Khalsa, Harvard Medical School, USA

NATIONAL ADVISORY COMMITTEE

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Dr. Manjunath N K, Research Director, SVYASA Yoga University

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Dr. Hemant Bhargav, Assistant Professor of Yoga, NIMHANS

ORGANIZING COMMITTEE CHAIRPERSONS

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Research Symposium Committee: Dr. Malla Bhaskara Rao, Professor, Department of Neurosurgery, NIMHANS

Meditation Symposium Committee: Dr. Ravindra PN, Associate Professor, Dept of Neurophysiology, NIMHANS

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IT Committee: Dr. Bharath Holla, Department of Integrative Medicine, NIMHANS and Dr. Suresh Badamath, NIMHANS Telemedicine Centre