



International Symposium On **Neuroscience Of Yoga**



From Yoga For Health To Yoga For Wisdom

17 January 2016

Marathi Bhasha Bhavan, University of Mumbai Campus,
Vidyanagari Campus, Kalina, Santacruz, Mumbai 400098

The Department of Philosophy, University of Mumbai is organizing a one day International Symposium on 'Neuroscience of Yoga' jointly with Centre for Behavioral Medicine (CBM), Pune. The symposium will focus on understanding Yoga in the framework of neuroscience. It will explore uniqueness of Yoga from the neuroscience perspective, as well as building scientific understanding of the basic tenets. The discussion will extend to integration of neuroscience with the traditional approach to teaching/learning of Yoga and future direction in terms of application for health, education, research, and philosophy of medicine.

The Department of Philosophy, University of Mumbai is working towards multi-disciplinary collaborative research in the study of Patanjala Yoga. It continues to extend training to people from all walks of life in Yoga Sutras along with its practical aspect for the accomplishment of quality life - full of good health, wisdom and peace.

The symposium on Yoga is in keeping with the spirit of the Department of Philosophy. It takes the existing body of work further to deliberate upon Neuroscience-Yoga philosophy from the perspective of Skill development.

This symposium will give a direction for a new beginning of synergy between Neuroscience, Yoga Philosophy and beyond.

Dr. Shubhada Joshi

Professor of Philosophy, University of Mumbai
Convener

For Registration please contact:

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International Symposium On Neuroscience Of Yoga

From Yoga For Health To Yoga For Wisdom
Sunday 17th January 2016

9.00 to 10.00 a.m.	Registration
10.00 to 10.45 a.m.	Symposium Inauguration Inaugural Address - Prof. Dr. Sanjay Deshmukh, Vice Chancellor, University of Mumbai
11.00 to 1.30 p.m.	Session I: Chair Dr. B. N. Gangadhar, Prof. of Psychiatry & Dean, Behavioural Sciences, NIMHANS, Bengaluru
	<ol style="list-style-type: none"> 1. 'Perspective on Philosophy of Yoga' Dr. Shubhada Joshi, Prof. of Philosophy, University of Mumbai 2. 'Perspective on Neuroscience of Yoga' Dr. Sanjay Phadke, Neuropsychiatrist, Center for Behavioural Medicine, Pune 3. 'Yoga and Autonomic Nervous System (ANS) – the key brain-body link' Dr. Leena Phadke, Associate Professor of Physiology & Clinical Research, SKN Medical College, Pune 4. 'Incorporating neuroscience in yoga training – The Yoga Forum Munich experience' Adj. Prof. Reinhard Boegle, President Yoga Forum Munich (Germany) 5. Keynote address 'The Neuroscience approach to Yoga - implications for Health, Education, and Research' Dr. B.N. Gangadhar, Prof. of Psychiatry & Dean, Behavioural Sciences, NIMHANS, Bengaluru
1.30 to 2.15 p.m.	LUNCH BREAK
2.15 to 3.15p.m.	Session – II: Chair Dr. B. D. Kulkarni, Distinguished Scientist & Distinguished Professor, NCL, Pune
	<ol style="list-style-type: none"> 6. 'Space-Time-Motion : bridging the ancient with the modern' Dr. S.N. Bhavsar & Dr. Veena Londhe, Center for Behavioural Medicine, Pune 7. 'Yoga and modern scientific (physics/maths) perspective' Dr. B.D. Kulkarni, Distinguished Scientist & Distinguished Professor, NCL, Pune
3.15 to 4.45 p.m.	Session – III
3.15 to 4.00 p.m.	Panel Discussion I: Dynamics of Yoga – Values to wisdom Chairperson: Dr. Purnima Dave Panelists: Dr. Namita Nimbalkar, Ms. Raksha Vadhaiya, Prof. Randeria, Dr. Priya Vaidya
4.00 to 4.45 p.m.	Panel Discussion II: Exploring research dimensions Chairperson: Dr. S.G. Nigal Panelists: Dr. Meenal Katarnikar, Dr. Sharmila Virkar, Dr. Uma Shankar, Dr. Pushpa Neelkantan
4.45 to 5.00 p.m.	Valedictory