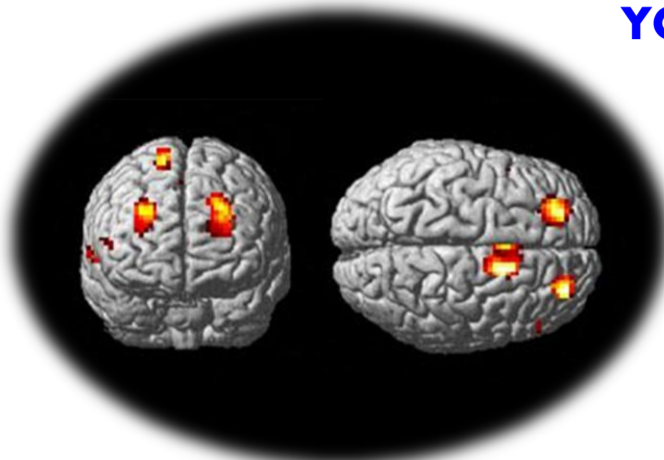


Brain Storming Session on Scientific Aspects of Yoga and Meditation

Date (Time): March 04, 2015 (10:30 to 16:30 Hrs)

Venue: Centre of Biomedical Research, Lucknow



YOGA or Medicine?



YOGA and Medicine?

Message from the Convener Prof. C. L. Khetrapal

The memorable suggestion of the honourable Prime Minister of India in the UN about the International YOGA DAY and acceptance by 177 countries worldwide prompted me to draw the kind attention of Indian scientific community towards scientific evidence of the positive effects of YOGA and MEDITATION on human health. There is a growing movement in mainstream research on true biological effect of yoga on human health and behaviour. In my opinion such type of research may persuade more scientists to try an alternative route for tackling the source of a myriad of modern ailments.

The functional MRI results from our Centre show that the OM sound influences the attention process, motor coordination, and auditory perception. The SOHAM meditation regulates the attention, cognitive aspects of emotional processing and the spatially guided behaviours. The negative thoughts excite the same area of the brain as the one in mentally depressed persons. Similarly some of the Yoga exercises are found to increase the GABA (γ -Aminobutyric acid, chief inhibitory neurotransmitter in the mammalian central nervous system) concentration in humans to the extent of 27 % (a study reported by Boston School of Medicine).

To evolve a national level strategy to pursue such activities in the country, we have decided to organize a national level brain storming session on March 04, 2015 at the Centre of Biomedical Research, Lucknow. There will be discussions on the topic among the internationally reputed scientists from premier institutions involved in research and education. The session will be enriched with their views and vast experiences in that particular field and enhance the overall scientific as well as societal interest. The recommendations to pursue such research activities, especially, in biomedical and clinical context may then be forwarded to appropriate authorities to launch such a programme on June 21, 2015, the International Yoga day.

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Session Speakers

- Prof. C. L. Khetrapal, CBMR, Lucknow (Convener)
- Prof. Goverdhan Mehta, University of Hyderabad
- Prof. Ganesh Pandey, CBMR, Lucknow
- Prof. R. C. Tripathi, CBCS, Allahabad University
- Prof. R. P. Tripathi INMAS, Delhi
- Prof. Narayan Srinivasan, CBCS, Allahabad University
- Prof. P. N. Tandon, NBRC, Manesar, Gurgaon
- Prof. Seyed Hasnain, IIT Delhi
- Prof. K. M. Tripathi, BHU, Varanasi
- Prof. Namita Pandey, Psychology Dept., Allahabad University
- Dr. Ashish Arora, CDRI, Lucknow
- Ms. Radha Behen BrahmaKumari Ashram, Lucknow
- Shri Rakesh Mittal (IAS), Kabir Shanti Mission, Lucknow
- Shri Anant Shri, Anant Path, Lucknow

Programme

Welcome	10:30	Prof. Ganesh Pandey
Background	10:35	Prof. C.L. Khetrapal
Session-I Chairman: Prof. P. N. Tandon (Introductory Remarks from 10:45 to 10:55 am)		
Views from the Experts (10:55 to 13:00)		
10:55		Prof. Goverdhan Mehta
11:05		Prof. R. C. Tripathi
11:15		Prof. K. M. Tripathi
11:25		Prof. Narayan Srinivasan
11:35		Prof. R. P. Tripathi
11:45		Shri Rakesh Mittal
11:55		Shri Anant Shri
12:05		Ms. Radha Behen
12:15		Prof. Seyed Hasnain
12:30		Prof. Namita Pandey
12:40		Dr. Ashish Arora
12:50-13:10		Session Chairman's Remarks and Views
13:10-14:30		Lunch
Session-II (14:30 to 15:00) Chairman: Prof. Goverdhan Mehta		
Discussion		
Session -III (15:00 to 16:00) Chairmen: Prof. R. C. Tripathi and Prof. Saumen Hajra		
Recommendations		
16:00-16:30		Tea

CENTRE OF BIOMEDICAL RESEARCH (CBMR)

(Formerly Centre of Biomedical Magnetic Resonance)

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