



# NATIONAL CONFERENCE ON SPIRITUAL NEUROSCIENCES

**Dear Sir/Madam**

This is my humble request for joining us for this **National conference** on Spiritual Neuroscience in November 2024. Details of the programme are attached with invitation. Thanking you

**Welcome Note:**

The Department of Neurology in collaboration with the Neuroscience Centre, cordially invites you to the first-ever National Conference on "Spiritual Neuroscience". This is our humble request to join us for this National conference on the novel theme of Neuroscience in November 2024. Details of the programme is attached below in this brochure. The event is scheduled at the revered Holy Land of Swami Rama.

Thanking you

Dr Deepak Goel and Team  
Swami Rama Himalayan University

## Ancient Indian Wisdom and Evidence in Current Neurosciences

**Date** : 16th & 17th November 2024

**Venue** : Swami Rama Himalayan University, and Sadhak Gram

## Chief Patron



**Dr. Vijay Dhasmana**  
President

## Patron



**Dr. Rajendra Dobhal**  
Vice Chancellor SRHU

## Patron



**Dr. Vijender Chauhan**  
DG Academic SRHU

## Co-Patron



**Dr Sunil Saini**  
Director CRI



**Dr Hem Chandra**  
Advisor & Director  
Hospital Services



**Dr Mushtaq Ahmed**  
Director Medical Services



**Dr Ashok Deorari**  
Principal, HIMS, SRHU

### Invitation:

Respected Seniors, Dear Colleagues, Friends and Students,

The Department of Neurology with the collaboration of Neuroscience Centre at Swami Rama Himalayan University (SRHU), Dehradun is promoting an advance evolutionary and holistic healthcare, as envisioned by H.H. Swami Rama, the founder of the institution.

H.H. Swami Rama's experimentation combined the practical methodologies of Western science with the traditional knowledge and wisdom of Eastern sages. Our practices are committed to promoting and applying this comprehensive approach.

We are pleased to announce the upcoming National Conference on "Ancient Indian Wisdom and Evidence in Current Neurosciences" to be held on 16th & 17th November 2024 at the SRHU, Dehradun Campus and Sadhak Gram (A spiritual practice establishment of H.H. Swami Rama).

The upcoming conference will feature presentations on topics such as "EEG Correlates of Meditation," "Yoga Nidra," and "Cognitive Reserve and Meditation" by distinguished Neuroscientists from India and abroad. This is a novel attempt to incorporate the latest neuroscience knowledge with ancient Indian wisdom to enhance the understanding and application of holistic care principles.

The proposed scientific program delineates a pioneering effort to launch a new phase in Neurosciences sub-specialization. This initiative is designed to establish a paradigm for a comprehensive approach towards preventing and managing neurological disorders aiming at optimal health and well-being. Its overarching objective is to advance a genuinely humanitarian approach to healthcare.

Your esteemed presence and participation would ensure the success of this Conference.

Thanking you,

**Prof. Deepak Goel**  
Organizing Chairman,

Professor and Head, Department of Neurology  
Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, Dehradun.

## Chief Guest



**Professor B N Gangadhar**  
Chairman, NMC New Delhi

## Guests of Honor



**Dr. (Prof.) M. Srinivas**  
Director, AIIMS New Delhi



**Dr. (Prof.) Meenu Singh**  
Director, AIIMS Rishikesh

## Special Guests



**Dr. Chinmay Pandya**  
Pro Vice-Chancellor,  
Dev Sanskriti Vishwavidyalaya  
University, Haridwar



**Dr. Swami Dayadhipananda**  
Medical Superintendent,  
Ramakrishna Mission  
Hospital, Mumbai



**Guruji Dr. H R Nagendra**  
Vice-Chancellor,  
S-VYASA, Bengaluru



**Dr Naveen K Visweswaraiah**  
International Professor for  
Complementary and Integrative  
Medicine

## Special Thanks



**Prof. Manjari Tripathi**  
HOD Neurology  
AIIMS New Delhi

### Guest Faculties:

Prof. B N Gangadhar (NMC Chairman, Ex-Director NIMHANS Bengaluru), Dr Dayadhipananda (RK Mission Mumbai), Prof. Manjari Tripathi (HOD Neurology, AIIMS New Delhi), Prof. KK Deepak (AIIMS New Delhi), Prof. John Clark (USA), Prof. Prakash Keshaviah (SRHU), Dr P N Ravindra (NIMHANS Bengaluru), Dr Binny Sareen (Brahmkumaris, Mount Abu), Prof. Shobit Garg (Prof. Psychiatry, SGRR Dehradun), Dr Uttam Kumar (SGPGI Lucknow), Prof. R M Kaushik (Prof. Medicine SRHU), Dr Prasanna Deshpande (HOD Pharmacy, D Y Patil Pune) and Dr Rajesh K Manik (Yogic Science, Kalinga University Chhattisgarh).

**Details of Scientific Program****Day 1: 16/11/2024, Saturday****8.00 AM to 9.00 AM: Registration and welcome at Adi Kailash Auditorium****Morning Session: Spiritual Practices and Current Neuroscience 9.00 AM – 11.00 AM**

1	9.00 AM – 9.20 AM	Neural Anatomy and Physiology of Human Chakra	Dr Rajesh Manik	<b>Moderator:</b> Dr Naveen K Visweswaraiah (International Professor for Complementary and Integrative Medicine) <b>Chairpersons</b> Dr Bindu Dey (Director Research) Dr Sunil Saini (Director CRI) Dr Renu Dhasmana (Director Nursing and Vice Principal)
2	9.20 AM -9.40 AM	Levels of Consciousness: Spiritual and Neuroscience concept	Dr Swami Dayadhipananda	
3	9.40 AM - 10.00 AM	Yoga Nidra: Current Understanding	Prof. Manjari Tripathi	
4	10.00 AM - 10.20 AM	Ageing and Sleep: Impact of Meditation	Dr PN Ravindra	
5	10.20 AM - 10.40 AM	Cognitive Reserve and Meditation	Dr Binny Sareen	
6	10.40 AM – 11.00 AM	<b>Discussion &amp; Felicitation Ceremony</b>		

**11.30 AM to 12.20 PM - Lamp lightening and Guru Vandana with Inauguration Ceremony****Plenary Lectures 12.20.PM to 1.30 PM**

SN	TIME	TOPIC	SPEAKER	Chairpersons
1	12.20 PM to 12.25 PM	Introduction of Dr Prakash Keshaviah by Dr VD Chauhan sir		Dr VD Chauhan Dr Ashok Deorari Dr Hem Chandra Dr Dayadhipanada
1	12.25 PM- 12.55 PM	Plenary lecture 1: Swami Rama Messages: Willful control of Autonomic Nervous System	Dr Prakash Keshaviah	
2	12.55 PM - 1.00 PM	Introduction of Chief Guest by Dr Swami Dayadhipananda ji		
2	1.00 PM - 1.30 PM	Plenary Lecture 2	Prof. B N Gangadhar	

**1.30 PM to 2.30 PM: Lunch****Post Lunch Session: Neural Network and Evaluation technique for Spiritual Practices 2. 30 PM**

10	2.30 PM – 2.50 PM	Neurobiology of Stress: The PNIE Axis	Dr Shobit Garg	<b>Moderator</b> Dr SL Jethani (Prof. Anatomy and Ex Dean/ Chief Med. Sup.)
11	2.50 PM – 3.10 PM	Neural Networks Involved in Meditation	Dr. Ashwani Bhat	
12	3.10 PM – 3.30 PM	EEG Correlates of Meditation	Prof. KK Deepak	<b>Chairpersons:</b> Dr Ajay Dubey (Prof. Yoga Sciences) Dr Sanjay Gupta (Principal Biosciences) Dr Yogesh Saxena (HOD Physiology)
13	3.30 PM – 3.50 PM	MRI Correlates of Meditation	Dr. Uttam	
14	3.50 PM – 4.10 PM	QEEG: Role in Spiritual Practices	Dr. John Clark	
15	4.10 PM – 4.30 PM	<b>Discussion &amp; Felicitation Ceremony</b>		

**4.30 PM: Disperse after Tea/Coffee**

7.00 PM Onwards: Dinner

Day 2- Sunday, 17<sup>th</sup> November 2024: Morning Session at Sadhak Gram Ashram, Rishikesh

8.45 AM: Departure for Rishikesh Ashram (45 minutes journey)

9.30 AM to 10.00 AM Meditation session of all participants by Swami Ritavan ji

10.00 AM to 10.30 AM High Tea

10.30 AM- 12.00 PM: Session 3: Occult sciences

SN	Time	Topic	Speaker	<u>Expert panel:</u>
1	10.30 AM- 10.50 AM	Plant based diet and health	Prof. Sarat Chandra	Dr Vijay Dhasmana Dr R Mumgain Dr Deepak Goel
2	10.50 AM - 11.10 AM	Current Scope of Medical Astrology (interactive session)	Dr Prasanna Deshpande	
3	11.10 AM- 10.30 AM	<b>Interaction and discussion with expert panel (You can explore the science of medical astrology personally)</b>		
4	11.30 AM - 12.00 PM	Perspectives on Hypnosis in Current Medical Practice (Have a practical experience)	By Prof. RM Kaushik (Writer of book "Snippets from the Subconscious")	Dr Avinash P Ranjan Dr Ranjeet Kumar Dr Malini Srivastav

12.00 PM: Lunch at Ashram and Departure.

## **Abstract Submission Guidelines for Poster Presentation**

Poster Session will be conducted on the themes "Ancient Indian Wisdom & Neurosciences", "Yoga", "Cognitive & Behavioral Neurosciences". Candidates and scholars interested in presenting their work on the above themes or any Neurosciences-related theme can submit their abstract to [hod.neurology@srhu.edu.in](mailto:hod.neurology@srhu.edu.in)/[dr.ashwanibhat@gmail.com](mailto:dr.ashwanibhat@gmail.com).

Poster presentation will be in the form of physical poster and not as e-poster. Poster will be displayed during the conference hours on the first day of the conference (16<sup>th</sup> Aug. 2024) and the presentation session will be conducted on the same day between 1:00 PM to 2:00 PM (Lunch Hours). The presenters have to register in conference at the time of submission. Registration fee for the scholars is mentioned in brochure. For free registration of students in university, we will require letter of recommendation from H.O.D. / Head of Institution.

Email for submission of abstract of poster presentation: [hod.neurology@srhu.edu.in](mailto:hod.neurology@srhu.edu.in), [goeld007in@yahoo.co.in](mailto:goeld007in@yahoo.co.in) and [dr.ashwanibhat@gmail.com](mailto:dr.ashwanibhat@gmail.com)

**Link for online registration:**

**Payment rate list for registration:**

1. Guest and Speakers = Complimentary
2. Delegates:
  - a. Faculty = 2000 INR
  - b. PhD Scholar = 1000 INR
  - c. Students = 500 INR
  - d. Spot registration = 2000 INR

**Account details:**

- a. Bank: ICICI
- b. Account Holder: Himalayan Institute of Medical Sciences Conference Account
- c. Account Number: 733901000483
- d. IFSC Code: ICIC0007339

