



## Speakers

**Dr. Vinod Deshmukh**

Formerly Chief of Neurology, University of Florida, USA

**Dr. Shirley Telles**

Director, Yoga Research, Patanjali Yoga Vidyapeeth, Haridwar

**Dr.R.Nagarathna**

Dean Yoga & Life sciences, SVYASA Yoga University, Bangalore

**Dr. Uma Hirisave**

Prof of Clinical Psychology, NIMHANS

**Dr. Kiran Rao**

Formerly Prof of Clinical Psychology, NIMHANS

**Dr. Shivarama Varambally**

Associate Professor, Dept. of Psychiatry, NIMHANS

**Dr. S.R. Chandra**

Prof & HOD, Dept of Neurology, NIMHANS

**Dr. P.T. Sivakumar**

Associate Professor of Psychiatry, NIMHANS

### For details and registration contact

**Dr. Hariprasad/Mrs. Lalitha Dixit**

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## Registration

- Please Confirm registration by email.
- Pre registered delegates are requested to pay the registration fee in cash on the day of the seminar before 8.30am or earlier at the office.

[Spot Registration is limited]

Registration fees **Rs. 200** only

Posters are invited on this topic

Kindly send the abstract for the poster through email & register on or before **31<sup>st</sup> January, 2011.**



Advanced Centre for Yoga  
National Institute of Mental Health and  
Neuro Sciences, Bangalore



*In association with*

**Morarji Desai National Institute of Yoga, New Delhi**

*Seminar on*

# Yoga & Cognition

**Date: 2nd March, 2012**

**Venue: Hall B, Convention Centre, NIMHANS**



## Advanced Centre for Yoga, NIMHANS

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Email: yoga.nimhans@gmail.com, Website: [www.nimhans.kar.nic.in/yoga/index.html](http://www.nimhans.kar.nic.in/yoga/index.html)



# Program Details

## Introduction

Yoga is a way of life, an art of righteous living and an integrated system for the benefit of body, mind and inner spirit. This art originated, perfected and has been practiced in India since thousands of years. Yoga is gaining importance as a holistic therapy as a tool for prevention of disease and holds a promise for therapeutic application in several psychosomatic disorders. Scientific research worldwide indicates the possible role of yoga as an add-on treatment in psychiatric & neurological illnesses.

## Yoga and Cognition

Yoga has demonstrated predictable ability to improve mental health, including but not limited to attention, concentration, memory and emotional regulation both in healthy and in patients with psychiatric disorders. Therefore Yoga is drawing attention as an important add on therapy in the cognitive rehabilitation of various psychiatric and degenerative disorders. The Advanced Centre for Yoga at NIMHANS has been studying the effects of different yogic practices on depression, schizophrenia, and in elderly with mild cognitive impairment. The Advanced Center, in association with Morarji Desai National Institute of Yoga, New Delhi, is planning to organize a one day seminar on "Yoga and Cognition" on 2nd of March, 2012. The proposed seminar will be a very good platform to bring together experts from yoga, psychiatry, psychology and neurosciences and to sensitize the students, teachers and researchers about the potential of yoga in cognitive rehabilitation.

## About the Advanced Center for Yoga NIMHANS

The Advanced Center of Yoga is a facility at NIMHANS funded by AYUSH and run in collaboration with Morarji Desai National Institute of Yoga (MDNIY), New Delhi, dedicated to yoga promotion, training and research. The Advanced Center of Yoga offers yoga therapy for patients suffering from psychiatric conditions like Major Depressive Disorders, Schizophrenia, Anxiety Disorders, Obsessive Compulsive Disorders, Attention Deficit/ Hyperactivity Disorder etc and neurological conditions such as Epilepsy, Migraine etc.

Increasing awareness about Yoga and its beneficial role among different stakeholders in the society is also seriously pursued by the Advanced Center for Yoga which is evident from previous seminars organized in association with Morarji Desai National Institute of Yoga, New Delhi.

### Patrons

**Director/Vice-Chancellor**, NIMHANS, Bangalore  
**Director**, MDNIY, New Delhi

### Chairman of Organizing Committee

**Dr. B.N. Gangadhar**, Prof. of Psychiatry & Program Director  
Advanced Centre for Yoga – Mental Health & Neurosciences  
Dept. of Psychiatry, NIMHANS

### Organizing Secretary

**Dr. Shivarama Varambally**, Associate Prof. of Psychaitry  
Member, Monitoring Committee, Advanced Centre for Yoga, NIMHANS

### Organizing Committee Members

**Dr. Hariprasad.V.R.**, SRF(Yoga), Advanced Centre for Yoga, NIMHANS  
**Dr. Naveen.G.H.**, SRF(Yoga), Advanced Centre for Yoga, NIMHANS  
**Mrs. Lalitha Dixit**, DEO Cum Clerk, Advanced Centre for Yoga, NIMHANS  
**Mr. Chandrashekar.V.N.** General Duty Attendant, Advanced Centre for Yoga, NIMHANS

8.00 – 9.00 am Registration  
9.00 am Inauguration

### SESSION 1

[20 Mins lecture + 10 Mins Q&A]

10.00 – 10.30 am **Cognition & Yoga: Insights from Yogic texts** [Dr. Vinod Deshmukh]  
10.30- 11.00 am **Yoga and Cognition in Healthy** [Dr. Shirley Telles]  
11.00 – 11.30 am Coffee

### SESSION 2

[20 Mins lecture + 10 Mins Q&A]

11.30 – 12.00 pm **Cognition & Neurodevelopment** [Dr. Uma Hirisave]  
12.00 – 12.30 pm **Yoga & Cognition in developmental disorders** [Dr. R. Nagarathna]  
12.45 – 2.00 pm Poster Session & LUNCH

### SESSION 3

[20 Mins lecture + 10 Mins Q&A]

2.00 – 2.30 pm **Cognitive Dysfunction in Psychiatric Disorders** [Dr. Kiran Rao]  
2.30 – 3.00 pm **Cognitive Rehabilitation in Psychiatric Disorders: Role for Yoga Therapy** [Dr. Shivarama Varambally]

### SESSION 4

[20 Mins lecture + 10 Mins Q&A]

3.00 – 3.30 pm **Cognition & Ageing** [Dr. S.R. Chandra]  
3.30 – 4.00 pm **Yoga in Elderly: Effects on Cognition** [Dr. P.T. Sivakumar]  
4.00 – 4.30 pm Valedictory  
4.30 – 5.00 pm Tea