



Indian Psychology for Health & Well-being

A One Day Annual Symposium Jointly Organised By

VIPRA Division (Vedic Indian Psychology Research & Application)

Department of Clinical Psychology

National Institute of Mental Health & Neurosciences (NIMHANS)

&

Indic Academy

Overview of the Symposium: Indian Psychology has been a treasure trove of insights for mental health, with some popular ideas in Psychology tracing their origins in ancient Indian texts and traditions.

This Symposium will provide an overview of important concepts of Indian Psychology, enable exchange of perspectives regarding its application in a variety of settings and deliberate upon current research and future directions in this area.

Who can attend: Mental Health Professionals (including trainee therapists). Academicians and researchers working in the area of Indian Psychology and Yoga can also attend.

When & Where: 19th March 2020 (Thursday), 9AM - 5PM, Lecture Hall, Department of Clinical Psychology, 3rd Floor, MV Govindaswamy Center (next to SBI), NIMHANS, Bangalore.

Organizing Team: Dr. Jyotsna Agrawal, Prof. MP Sharma, Dr. Gitanjali Narayanan, Dr. Nithya Poornima, Department of Clinical Psychology, NIMHANS, Bangalore & Dr. Nagaraj Paturi, Director, Inter-Gurukula-University Centre, Indic Academy, Hyderabad.

Chairperson: Dr. LN Suman, Professor & Head, Department of Clinical Psychology, NIMHANS, Bangalore.

Registration Fees: INR 1000/- (Limited seats)

Last date for registration: 1st March, 2020

For registration, send an email to: vipra.nimhans@gmail.com

Phone: 080-26995862

Tentative Program Schedule

8.30 am - 9 am: Registration

9 am - 9.30 am: Inauguration

9.30 am - 11 am: Session 1

9.30 am - 10.15am	Dr. Malavika Kapur (Keynote Address)	Centrality of Ethics and Professional & Cultural Competencies in the Indian Indigenous Health Systems
10.15 am - 11am	Dr. C. Shamasundar	Examples of Ancient Indian Concepts Useful to Well-being

11 am - 11.30 am: Tea break

11.30 am - 1 pm: Session 2

11.30 am - 12.15 pm	Dr. Kiran Kumar Salagame	Vedic Psychology for the Promotion of Health & Well-being
12.15 pm - 1 pm	Dr. MP Sharma	Relevance of Buddha's Teachings in Health & Well-being

1 pm - 2 pm: Lunch break

2 pm - 3.30 pm: Session 3

2 pm - 2.45 pm	Dr. Hariprasad Varma & Dr. Raghu Ananthnarayanan	Inner Work Through Mahabharata
2.45 pm - 3.30 pm	Dr. Dharitri Ramaprasad	Being Culturally Responsive in Psychotherapy

3 pm - 3.30 pm: Tea break

3.30 pm - 4.15 pm: Session 4

3.30 pm - 4.15 pm	Dr. Matthijs Cornelissen	Could An Ancient Indian Concept of Consciousness Point the Way to the Future of Psychology?
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4.15 pm - 4.45 pm: Valedictory