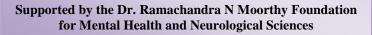
National Workshop on Mind-Body Medicine

Best of master classes and experiential training



Jointly organized by NIMHANS Integrated Centre for Yoga and Indian Psychiatric Society Task Force on Mind Body Medicine





Venue: National Institute of Mental Health & Neurosciences (NIMHANS), Hosur Road, Bengaluru, 560029

Date: 23-24 November, 2019 (Saturday-Sunday)

Indian Psychiatric Society

President: Dr. Mrugesh Vaishnav Vice President: Dr. P.K. Dalal

Hon. General Secretary: Dr. Vinay Kumar

Hon. Treasurer: Dr. Mukesh Jagiwala Hon. Editor: Dr. Om Prakash Singh

IPS Task force on Mind Body Medicine

Chairperson: Dr. Sanjay Phadke Co-Chairperson: Dr. Shivarama

Varambally

Convener: Dr. Nischol Raval

Speakers & Workshop Resource Persons:



Prof. B. N. Gangadhar, Director, NIMHANS, Bengaluru.



Prof. Mohan Agashe Past Director of MIMH, Pune.



Dr. Ajit Bhide, Past President of IPS.



Prof. Pratima Murthy HOD, Dept. of Psychiatry NIMHANS Bengaluru.



Dr. Vinay Kumar, Hon. General Secretary, IPS.



Dr. Sanjay Phadke, Chair IPS-TF on MBM



Dr. Vaishali Deshmukh Consultant, Endocrinology Society of India



Prof. Shivarama Varambally, Integrated Centre for Yoga, NIMHANS



Prof. Leena Phadke, Chair Central Research Lab, SKN Medical College, Pune



Prof. Arun Marwale, HOD, MGM Medical College, Aurangabad



Dr. Nischol Raval, Convener, IPS-TF on MBM

Organizing Chairperson: Dr. Arun V. Marwale Organizing Secretary: Dr. Shivarama Varambally





National Workshop on Mind-Body Medicine 23-24 November, 2019 (Saturday-Sunday)

Programme Schedule – 23 rd November 2019 (Saturday)			
10:00am to 10:30am		(Saturday)	
	Registration		
10:30am to 11:00am	Welcome & Overview of	Dr Sanjay Phadke	
	Mind Body medicine.	_	
	Inauguration	IPS Dignitaries and	
		Patron	
11:00am to 11:45am	Keynote lecture	Dr B N Gangadhar	
11:45am to 12 noon	Break		
12 to 12:45pm	"Keeping the flame alight" –	Dr Ajit Bhide	
_	Preventing, Arresting and	-	
	Resolving Burnout.		
12:45 to 1:15pm	Lunch		
1:15 to 2:15pm	Creativity and Positive	Dr Mohan Agashe	
	psychology	Dr Vinay Kumar	
2:15 to 2:45pm	Yoga as a tool for mental	Dr Shivarama	
	health	Varambally	
2:45 to 3 pm	Tea break		
3 to 3.30 pm	Master Class - Autonomic	Dr L S Phadke	
	Neuroscience, Resilience and		
	New Conceptualization of		
	Health		
3:30 to 6:00 pm	Workshop I: MBM toolkit - Attention Regulation,		
	Interoception, Introspection, Autonomic Regulation and		
	Intentional generation of brain states		

Programme Schedule – 24 th November 2019 (Sunday)			
8:00 to 9:00am	Yoga session		
9:00 to 9:30am	Breakfast		
9:30am to 1 pm	Workshop II		
1:00 to 1:45pm	Lunch		
1:45 to 2:15pm	Clinical Psychology	Dr L N Suman/ Dr.	
	perspective	Jyotsna Agrawal	
2:15 to 2.45 pm	MBM in Endocrinology	Dr Vaishali Deshmukh	
2.45 to 3:15 pm	Master Class – Addiction	Dr Pratima Murthy	
	and MBM		
3:15 to 3.45 pm	IPS Task force presentation		
	Closing remarks	Dr Arun Marwale	
	Valedictory	Dr Sanjay Phadke	
3.45 pm	High tea		





National Workshop on Mind-Body Medicine

23-24 November, 2019 (Saturday-Sunday)



Mind-Body Medicine (**MBM**) is an evidence-based participatory self-care approach that combines the power of traditional knowledge of Yoga & Meditation with modern psychology & medicine. MBM has applicability across the health cycle from prevention to rehabilitation for improving outcomes and quality of life.

Popularized by Harvard Medical School in recent times **MBM** traces its roots to a century of Stress research, and the Mind-Body approaches have their origin in India.

Mind-Body Medicine can also be viewed as a useful vehicle to popularize 'mind' interventions and thereby reduction of stigma associated with mind issues.

Translation of Mind-Body Medicine into mainstream practice faces the challenge of dearth of suitable training. The workshop endeavours to fill this gap through Master Classes and hands-on skills training.



Learning Objectives of the Programme:

- Comprehensive review/update on stress & allostasis, the mind-body connection, and research evidence about Mind-Body interventions
- Experiential learning of core Mind-Body Medicine (MBM) skills
- Practical way to implement MBM in clinical practice Pyramid approach of 'from 2 minute MBM to 360 degree MBM'

Registration

Register by clicking on (via Google forms) https://forms.gle/Lk1wQhNzVnhRQrdr7

Registration fees: Rs. 1000/- per person (Rs. One thousand only per person)

- Payment via NEFT/RTGS/Bank Transfer to the account given below.
- Please attach receipt of the payment, when you fill in the registration form.

Bank Details: Cosmos bank, Gandhi Bhavan Branch, Pune – 411038 Account Number: 9080501047135/ IFSC code: COSB0000908

For registration using credit/ debit cards, please use this link:

https://www.townscript.com/e/national-workshop-on-mind-body-medicine-232233

Application for Credit Points made to KMC

In case of any queries, please feel free to contact:

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