

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

Supported by the Dr. Ramachandra N Moorthy Foundation
for Mental Health and Neurological Sciences



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 Jagiwal
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 – 23rd November 2019 (Saturday)

| | | |
|--------------------|---|-----------------------------------|
| 10:00am to 10:30am | Registration | |
| 10:30am to 11:00am | Welcome & Overview of Mind Body medicine. | Dr Sanjay Phadke |
| | 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” – Preventing, Arresting and Resolving Burnout. | Dr Ajit Bhide |
| 12:45 to 1:15pm | Lunch | |
| 1:15 to 2:15pm | Creativity and Positive psychology | Dr Mohan Agashe Dr Vinay Kumar |
| 2:15 to 2:45pm | Yoga as a tool for mental health | Dr Shivarama Varambally |
| 2:45 to 3 pm | Tea break | |
| 3 to 3.30 pm | Master Class - Autonomic Neuroscience, Resilience and New Conceptualization of Health | Dr L S Phadke |
| 3:30 to 6:00 pm | Workshop I: MBM toolkit - Attention Regulation, Interoception, Introspection, Autonomic Regulation and Intentional generation of brain states | |

Programme Schedule – 24th November 2019 (Sunday)

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|-----------------|---|-------------------------------------|
| 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 perspective | Dr L N Suman/ Dr. Jyotsna Agrawal |
| 2:15 to 2.45 pm | MBM in Endocrinology | Dr Vaishali Deshmukh |
| 2.45 to 3:15 pm | Master Class – Addiction and MBM | Dr Pratima Murthy |
| 3:15 to 3.45 pm | IPS Task force presentation Closing remarks Valedictory | Dr Arun Marwale Dr Sanjay Phadke |
| 3.45 pm | High tea | |



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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/Lk1wQhNzVnhRQdr7>

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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