



# National Workshop on Mind-Body Medicine & Resilience for Psychiatry Residents



Organized by  
Indian Psychiatric Society Task force on  
Mind Body Medicine  
&  
Department of Integrative Medicine, NIMHANS  
**Date: 13<sup>th</sup> November, 2021 (2<sup>nd</sup> Saturday)**  
**Venue: Department of Integrative Medicine**  
**NIMHANS, Bengaluru, 560029**

Psychiatry Faculty requested to kindly forward and recommend to their Residents  
**Due to COVID-19 restrictions registration is limited**  
**Registration fees: Rs. 1000/- per person**

**Interested Psychiatry Residents can send a mail to**

**[mbm.workshop2021@gmail.com](mailto:mbm.workshop2021@gmail.com)**

**with brief information about your areas of interest, mobile number and place of work**

**Registration link will be mailed to you**

**Accommodation available on request**

**WhatsApp [9834425559](tel:9834425559) for any queries/assistance**

## Workshop Schedule

**Conducted by national and international faculty, workshop is oriented  
towards concept building and developing skills through experiential  
learning of mind-body techniques**

8.30 – 9.00 am Registration  
9.00 – 10.30 am Session I  
10.30 – 11.00 Inauguration  
11.00 – 1.00 pm Session II  
1.00 – 1.45 pm Lunch  
1.45 – 3.30 pm Session III  
3.30 – 3.45 pm Tea  
3.45-4.30 pm Session IV  
4.30 – 5.00 pm Valedictory

## Resource persons

Dr. B. N. Gangadhar  
Dr. Sanjay Phadke  
Dr. Shivarama Varambally  
Dr. Bharath Holla  
Adj. Prof. Reinhard Boegle  
Dr. Kishore Kumar R.

## Indian Psychiatric Society



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## Task Force on Mind-Body Medicine



Dr. Sanjay Phadke  
Chair



Dr. Shivarama V.  
Co-chair



Dr. Nischol Raval  
Convener



Dr. IR Reddy  
Advisor



Dr. Adarsh Tripathi  
EC Co-ordinator



Prof. BN Gangadhar  
Mentor



Dr. Henal Shah  
Chair, PG Psych Edu