



Sarve Bhavantu Sukhinah

Sarve Santu Nirmayah

Indian Global Psychiatric Initiative

The Global Federation of Indo Psychiatry Associations

Unity in the purpose of psychiatrists from the land of their ancestry

4th Annual International Scientific Conference **IGPI 2013**

13th & 14th January 2013 - St. Marks Hotel, Bangalore, India.

Let all be happy

Let all be without Ailments



Scientific Symposium:

Spirituality, Vedic Science, and Mental health
12th January 2013

Venue:

The Vishalakshi Meditation Hall
The Art of Living International Centre,
21 st KM, Kanakapura Main Road, Udayapura,
Bangalore 560082 India

Preamble

According to WHO, as defined in 1948, 'health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.' In addition to these three layers that define health – the physical, mental, and social - scientific research in the past decades has begun to systematically explore the spiritual dimension as one important constituent of the cognitive, emotional, behavioral, interpersonal and psychological facets that make up a human being. Current findings suggest that spiritual practices can make significant positive contributions to overall health and well-being throughout the different stages of life, from childhood to old age. Thus, it was suggested at the WHO in 1984 that the description of health should include the spiritual dimension and incorporate it in various health strategies. This definition would be consistent with the ancient Vedic description of health, e.g. The one by the great Ayurvedic scholar Sushruta (ca 500 BC):

SAMA DOSHAHA SAMAGNISH CHA SAMA DHATU MALAH KRIYA PRASANN ATMA INDRIYA MANAH SWASTHYA IT ABHIDHIYATE

(Translation: One is in perfect health when the three doshas (vata, pitta and kapha) digestive fire (digestion, assimilation and metabolism), all the body tissues & components (Dhatus) (the entire physical body), all the excretory functions (the physiological functions of urination and defecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit.

The goal of this symposium is to discuss the current scientific underpinnings around mental health and well-being and how Vedic Science as one of the pillars of spiritual resources we have in the world today can contribute towards finding solutions for the increasingly demanding challenges in mental health around the world. The symposium will be inaugurated by HH Sri Sri Ravi Shankar who will offer a discourse in this area. Distinguished professors from USA, Australia, Canada, Norway, India and Indonesia will make presentations on the need for making a bridge between the venerable Eastern wisdom and cutting edge Western science that can offer effective and dynamic results.)

Chairs: Professor Russell D'Souza Australia
Professor Fahri Saatcioglu Norway

3.00:- PM Welcome

Inauguration by HH Sri Sri Ravi Shankar
Opening discourse on the theme of the seminar: HH Sri Sri Ravi Shankar

3.45:- Mental state and cognitive therapy related to knowledge from the Gita
Professor Matcheri Keshavan, Harvard Medical School, USA

4.05:- Spiritual intelligence and wisdom -the concept from the Gita
Professor Russell D'Souza, Melbourne , Australia

4.25:- Yoga and mood disorders – current evidence
Professor Arun Ravindran University of Toronto Canada

5.45:- Molecular effects of yogic practice
Professor Fahri Saatcioglu, University of Oslo, Norway

6.05:- Meditation as a medication
Professor Avedesh Sharma, New Delhi, India

6.25:- Psychiatric adjunction treatment through Transcendental Meditation
Dr. Iguesti Gunadi, Airlangga University, Surabaya, Indonesia

6.45:- Discussion and interaction of the delegates

7. 15:- Close

7.30:- PM Dinner

Sunday January 13, 2013

10.00 am to 12.30 am

Pre Congress Workshop
Advanced Art of Breathing - Yogic Breathing Exercises for Health and Well being
Prof. Fahri Saatcioglu, University of Oslo, Norway

02.00 PM to 06.00 PM

Opening of the Congress by *Sri Ravi Shankar*
Spirituality and Psychiatry: History and Science
Chairs: Avdesh Sharma and S. Nambi
MS Keshavan: The Couch and the Chariot
Shiv Gautam: Spirituality and Psychotherapy
Russell D'Souza: Positive emotions, Well-being & Psychiatry
BN Gangadhar: Yoga and Psychotherapy
Fahri Saatcioglu: Regulation of gene expression by yoga, meditation and related practices
Discussion

06.30 PM to 08.00 PM

Valedictory:
Chairs: Dinesh Arya and Savalai V. Manohar
Russell D'Souza, Parmeshvara Deva, Natarajan, Anand Ramakrishnan,
Rajesh Nagpal, Leena Naughton, Shailesh Kumar
Sri Sri Ravishankar: The Art and Science of a Healthy Mind

08.00 PM to 10.00 PM

Conference Dinner

Monday January 14, 2013

09.00 am to 01.00 PM

Psychopathology and Psychiatric Classification

Chairs: Natarajan and Rajesh Nagpal

Rajiv Tandon: DSM-5: An Overview

William T. Carpenter: Psychotic Disorders in DSM-5

Wolfgang Gaebel: Psychotic Disorders in ICD-11

Ajit Avasthi: Classification of Psychotic Disorders in DSM-5 and ICD-11: The Indian Perspective

Valsa Eapen: Neurodevelopmental disorders: Focus on boundaries and overlaps

01.00 PM to 02.00 PM

Lunch

02.00 PM to 06.00 PM

Clinical Neuroscience and Therapeutics

Chairs: Anukant Mittal and Sab Bhaumik

Ghanshyam Pandey:

Neuroimmune function in depression and suicide:

Role of cytokines and toll-like receptors

Gary Sachs: Lesson from tandem ratings and implications for interpreting clinical trial results

Mathias Berger: Advances in Cognitive Behavior Therapy

Mohandas: Anopheles Mosquito Thank you

Uma Rao: Adolescent Depression: Developmental Issues

Ananthakrishnan: End of Life Issues in the Elderly

Rohan Ganguli: The Science of Healthy Behavior Change: Possible, but neither quick, nor easy

06.00 pm to 7.00 pm

Closing Ceremony



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