



International Conference on Spiritual Neuroscience 2024

Organized by

Department of Neurology, HIMS

Swami Rama Himalayan University, Dehradun-248016

Sponsored by

**Swami Rama Himalayan University, Dehradun-
248016**

&

**National Academy of Sciences, INDIA UK Chapter,
Dehradun**

Organizing & Scientific session Committee for the National conference on Spiritual Neuroscience on 16-17 November 2024:

Dr Deepak Goel (Organizing Chairman), Dr Ashwani Bhat (Organizing Secretary), Dr Manish Mittal (Treasurer), Dr Nikku Yadav (Cordinator), Dr Ranjeet Kumar, Dr Avinash Priyaranjan, Dr Brijesh Tiwari, Dr Sanjeev Pandey, Dr Robin Victor, Dr Kaushik Sharma, Dr Kanchan Bisht, Dr Malini Srivastav, Dr Ruchi Juyal, Dr Deep shikha, Dr Deepika Khanduja, Dr Priya Singh, Dr Avni, Dr Shweta Samanth, Dr Geeta Bhandari, Dr Nupur Joshi and Mr Manoj Singh

List for Volunteers (MBBS Students/Interns):

Mr Romil Yadav, Mr Areez, Ms Shraya, Ms Pinki, Dr Rohan Garg, Dr Smriti Sharma, Dr Shreya, Dr Harshita Aswal, Dr Arjun Kumar

Report Prepared By: Dr Geeta Bhandari, Dr Nupur Joshi & Dr Nikku Yadav

Media Gallery:

[Pictures](#)

Session 1 on spiritual practices and Current Neurosciences

Chairperson: Dr Renu Dhasmana, Dr Mahesh Kuriyal, Dr Deepa Singh and Dr Ashok Srivastava

Moderator: Dr Naveen K Visweswaraiyah

Speaker 1: Dr Rajesh Manik, Kalinga University, Naya Raipur

Topic: Neural Anatomy and Physiology of Human Chakra

Dr Rajesh Manik of Kalinga University discussed the anatomical and physiological aspects of human chakras. He explored their association with functional chakras and various nerve plexuses, including the Muladhara, Swadhisthana, Manipura (solar plexus), Anahata (cardiac plexus), Vishuddha (brachial plexus), and Ajna chakras. He also discussed how these energy centres, described in ancient traditions, could potentially intersect with scientific understandings of neural activity and physiological processes. He explored how functional chakras might influence endocrine systems, stress responses, and overall human well-being, opening avenues for integrative research between spiritual concepts and medical science.



Speaker 2: Dr Shobit Garg, SGRR University

Topic: Neurobiology of Stress: The PNIE Axis

Dr Garg, delved into the historical evolution of stress concepts and its neurobiological underpinnings. He explained how chronic psychological stress activates the HPA axis, which remains hyperactive, leading to prolonged fight-or-flight responses. This has significant implications for immune health, as stress increases susceptibility to viral infections via the CTRA pathway. He highlighted stress management practices like transcendental meditation, Hatha yoga, Vipassana, and mindfulness, which have been shown to reduce CTRA scores, thereby enhancing resilience against stress-induced health issues.



Speaker 3: Dr Swami Dayadhipananda, Ramakrishna Mission Hospital, Mumbai

Topic: Levels of consciousness: Spiritual and Neuroscience Concept

Dr Swami Dayadhipananda emphasized on the interplay between ancient wisdom and neuroscience in understanding consciousness. He discussed three levels of consciousness—conscious, subconscious, and unconscious—aligning them with traditional concepts of Sat (existence), Chit (awareness), and Anandam (bliss). Through case studies, he demonstrated how conventional treatments are insufficient for holistic well-being. He advocated for integrated approaches involving yoga and ancient knowledge to elevate consciousness and self-management, even for conditions like Type 1 diabetes.



Speaker 4: Dr John Clark, USA

Topic: QEEG: Role in Spiritual Practices

Dr John Clark explained how advanced imaging techniques like qEEG, EEG, and fMRI have deepened our understanding of brain activity during meditation. He traced the history of meditation research and described how tools like LORETA can analyse brainwave changes associated with spiritual practices. He discussed how meditation enhances brainwave stability,

Speaker 2: Dr Prakash Keshaviah, SRHU, Dehradun

**Topic: Swami Rama Messages: Wilful control of Autonomic Nervous System
(Voluntary Control Over Involuntary States)**

Dr Prakash Keshaviah shared groundbreaking insights from Swami Rama's work at the Menninger Foundation. Swami Rama demonstrated remarkable control over physiological processes, such as regulating blood flow and stopping his heart for 10 seconds. These experiments, supported by scientific evidence, showed his ability to generate specific brainwave patterns, such as delta, theta, and alpha waves, at will. Dr Keshaviah also introduced Swami Rama's body-breath-mind-soul model, illustrating the profound connection between spiritual practices and physiological states.



Session 3: Neural Networks and Evaluation technique for Spiritual Practices

Chairperson: Dr Taruna Sharma, Dr Sanjay Gupta, Dr Manish Mittal and Dr Subodh Singh

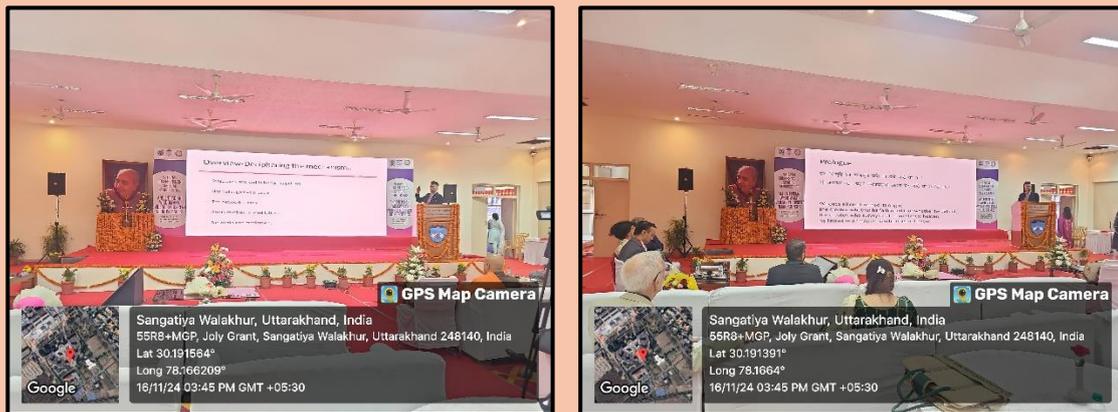
Moderator: Dr Yogesh Saxena

Speaker- 1: Dr Ashwani Bhat, SRHU, Dehradun

Topic: Neural Networks Involved in Meditation

Dr Ashwani Bhat from SRHU explored the neural mechanisms underlying meditation, focusing on attention as a fundamental cognitive domain. He explained the roles of key neural networks, such as the default mode, frontoparietal, and salience networks, in regulating attention. By transitioning between focused attention and open monitoring states, meditation alters brain activity to enhance selective attention. He provided evidence on the cortical and

subcortical regions involved in meditation, emphasizing the active role of these processes in reducing default mode network activity.

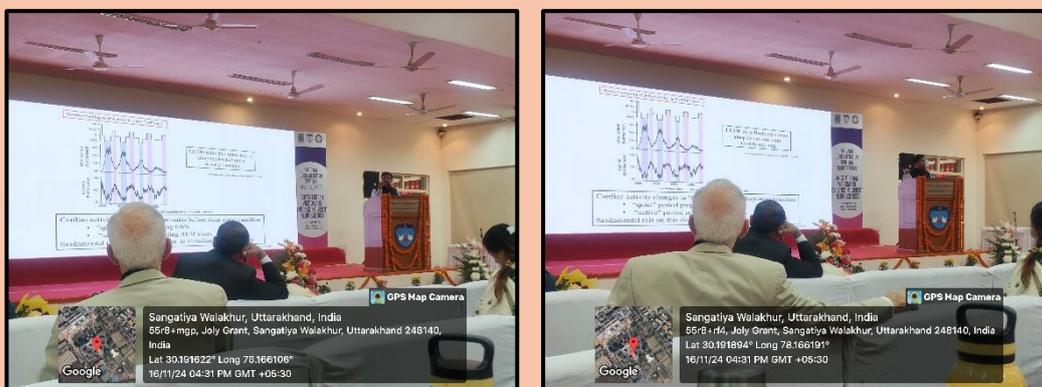


Speaker- 2: Dr Ravindra P.N., NIMHANS, Bangalore

Topic: Ageing and Sleep: Impact of Meditation

(Meditation and Sleep: Exploring sleep consciousness)

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Speaker- 3: Dr Binny Sareen, Peace Ambassador, Mount Abu

Topic: Cognitive Reserve and Meditation

Dr Binny Sareen highlighted how meditation strengthens cognitive reserve, the brain's ability to adapt and find alternative ways of performing tasks. She explained how meditation fosters

neuroplasticity, enhances self-awareness, and boosts working memory. Combining spiritual practices like music with meditation was shown to have profound benefits for brain health and cognitive resilience.



Speaker- 4: Dr Naveen K.V., University of Sydney

Topic: Role of Integrated medicine in current medical practice

(Functional Integration: An Operational Model)

Dr Naveen differentiated between alternative, complementary, and integrative medicine, emphasizing the need to incorporate traditional practices into evidence-based frameworks. He envisioned a future where integrative medicine becomes the foundation of medical specialties, advocating for India's leadership in preserving and advancing traditional knowledge within global healthcare systems.



DAY 2: 17 November 2024

The National Conference on Spiritual Neurosciences 2024, organized on 16th-17th November by the Department of Neurology, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, brought together experts to explore the intersection of spirituality and neuroscience. The sessions on 17th November were held at the serene Sadhaka Gram Ashram

in Rishikesh, fostering an atmosphere of introspection and learning. The day commenced with a serene guided meditation session led by Swami Ritavan Bharati Ji. His gentle guidance helped participants connect with their inner selves, fostering a sense of mindfulness, calm, and spiritual awakening. The session created a harmonious atmosphere, setting the tone for the day's enriching discussions and activities.

The Scientific session on "Occult Sciences" followed, featuring an expert panel comprising Dr. R K Verma, Professor of Surgery at SGRR University, Dr. Sanjeev Kumar Pandey, Professor, SRHU, Dr. Avinash P. Ranjan, Professor at SRHU, and Dr. Malini Srivastava, Associate Professor at SRHU. The keynote presentation, delivered by Professor Manjari Tripathi from Head of Department Neurology, AIIMS New Delhi, focused on "Yoga Nidra: Current Understanding." Professor Tripathi discussed the integration of Yoga Nidra with cognitive behavioral therapy, highlighting its effectiveness in promoting restorative sleep and improving N3 (deep) sleep for individuals with chronic sleep disorders. She elaborated on the inverse relationship between stigma and quality of life in epilepsy patients and emphasized the role of Yoga in reducing stigma and enhancing well-being. Additionally, she explored the therapeutic potential of the ketogenic diet as a complementary treatment for epilepsy, alongside Yoga Nidra. Her insightful talk underscored the growing recognition of Yoga Nidra as a powerful, non-pharmacological approach for managing sleep disorders and neurological conditions, blending ancient wisdom with modern scientific evidence. The second topic, "Perspectives on Hypnosis in Current Medical Practice," was presented by Professor R.M. Kaushik from SRHU. He explained hypnosis as an altered state of consciousness, akin to Yoga Nidra, and discussed its physiological effects and the brain areas affected by hypnosis. Professor Kaushik highlighted the application of hypnotherapy in stress reduction, allergy response modification, and hypnoanalysis. He also conducted a live session on a systematic relaxation technique for inducing a hypnotic trance, focusing on the 61-point relaxation method. The next keynote presentation, "Plant-Based Diet and Health," was presented by Professor P. Sarat Chandra from Head of Department Neurosurgery AIIMS, New Delhi. He discussed the benefits of a vegan diet and plant-based proteins, noting that plant-based eaters consume 70% more protein than average. He highlighted the impact of plant-based diets on gut microbiome health and the risks of cancer induction associated with processed meat-based diets. Professor Chandra emphasized the antioxidant-rich nature of plants and their role in reducing inflammation. Dr. Prasanna Despande's session on Current Scope of Medical Astrology offered an in-depth exploration of the intersection between astrology and human

health. He began by introducing the core concepts of astrology, including the use of horoscopes, and how the alignment and movement of celestial bodies influence various aspects of life, including physical well-being. Dr. Despande explained the importance of the 12 Rashis (zodiac signs), each of which is believed to correspond to different organ systems within the body. The alignment of the planets and stars in a person's Kundli can provide insights into their predispositions to certain health conditions, potential strengths and weaknesses, and even predict future health challenges. This ancient practice, he suggested, could be a complementary tool in modern healthcare, offering a holistic view of an individual's health based on both physical and metaphysical factors. The session concluded with a ceremonial felicitation of the expert panel and keynote speakers, recognizing their valuable contributions to the conference. Dr. Deepak Goel and Dr. Ashwani Bhat from SRHU presented tokens of appreciation to the speakers, celebrating the knowledge shared during this insightful discussion on the scope of medical astrology. Together, these sessions provided a comprehensive exploration of ancient and modern approaches to health and wellness, blending Yoga, hypnosis, plant-based nutrition and astrology with cutting-edge scientific research for promoting holistic well-being.

Spiritual Neuroscience Conference

Details of Scientific Program

Day 1: 16/11/2024, Saturday

8.00 AM to 9.00 AM: Registration and welcome at Dhanvantari Auditorium

Morning Session: Spiritual Practices and Current Neuroscience 9.00 AM – 11.00 AM

Moderator:

Dr Naveen K Visweswaraiah (International Professor for Complementary and Integrative Medicine)

Time allotted (20 minutes talk + 10 minutes discussion)

S. no	Time	Topic	Speaker	Chairpersons
1	09.00 AM – 9.30 AM	Neural Anatomy and Physiology of Human Chakra	Dr Rajesh Manik Kalinga University, Naya Raipur	Dr Renu Dhasmana (Director Nursing and Vice Principal) Dr Mahesh Kuriyal
2	9.30 AM – 10.00 AM	Neurobiology of Stress: The PNIE Axis	Dr Shobit Garg SGRR University, Dehradun	Neurosurgery, CMI Dehradun Dr Deepa Singh SRHU,
3	10.00 AM -10.30 AM	Levels of Consciousness: Spiritual and Neuroscience concept	Dr Swami Dayadhipananda Ramakrishna Mission Hospital, Mumbai	Dehradun Dr Ashok Shrivastav SRHU, Dehradun

4	10.30 AM – 11.00 AM	QEEG: Role in Spiritual Practices	Dr John Clark USA	
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High tea: 11.00 AM to 11.30 AM

11.30 AM to 12.20 PM - Lamp lighting and Guru Vandana with Inauguration Ceremony

Plenary Lectures 12.20.PM to 1.30 PM

S. no	Time	Topic	Speaker	Chairpersons
1	12.20 PM to 12.25 PM	Introduction of Dr Prakash Keshaviah by Dr VD Chauhan, DG Academics, SRHU		Dr VD Chauhan, DG Academics, SRHU Dr Ashok Deorari, Principal HIMS, SRHU Dr Hem Chandra, Director Medical Services, Himalayan Hospital Dr Dayadhipanada Ramakrishna Mission Hospital, Mumbai Dr A K Singh MAX Hospital, Dehradun
1	12.25 PM– 12.55 PM	Plenary lecture 1: Swami Rama Messages: Wilful control of Autonomic Nervous System	Dr Prakash Keshaviah SRHU, Dehradun	
2	12.55 PM – 1.00 PM	Introduction of Chief Guest by Dr Swami Dayadhipananda Ji		
3	1.00 PM – 1.30 PM	Plenary Lecture 2	Prof. B N Gangadhar Chairperson National Medical Commission (NMC)	

1.30 PM to 2.30 PM: Lunch

Post Lunch Session: Neural Networks and Evaluation technique for Spiritual Practices 2.30 PM

(20 minutes talk + 10 minutes discussion)

Moderator:

Dr SL Jethani (Prof. Anatomy and Ex Dean/Chief Med. Sup.)

S. no	Time	Topic	Speaker	Chairpersons
1	2.30 PM – 3.00 PM	Neural Networks Involved in Meditation	Dr Ashwani Bhat SRHU, Dehradun	Dr Subodh Saurabh Singh (Assistant Professor Yoga Sciences) Dr Sanjay Gupta (Principal Biosciences) Dr Yogesh Saxena (Professor Physiology) Dr Pankaj Arora, (Prof. Neurosurgery, S.G.R.R. University)
2	3.00 PM – 3.30 PM	Ageing and Sleep: Impact of Meditation	Dr Ravindra P.N. NIMHANS, Bangalore	
3	3.30 PM – 4.00 PM	Cognitive Reserve and Meditation	Dr Binny Sareen Peace Ambassador, Mount Abu	
4	4.00 PM – 4.30 AM	Role of Integrated medicine in current medical practice	Dr Naveen K.V. University of Sydney	

4.30 PM: Disperse after Tea/Coffee

7.00 PM Onwards: Dinner

Day 2- Sunday, 17th November 2024: Morning Session at Sadhak Gram Ashram, Rishikesh

8.45 AM: Departure for Rishikesh Ashram (45 minutes journey)

9.30 AM to 10.00 AM Meditation session for all participants by Swami Ritavan ji

10.00 AM to 10.30 AM High Tea

10.30 AM– 12.30 PM: Session 3: Occult sciences

SN	Time	Topic	Speaker	<u>Expert panel:</u>
1	10.30 AM - 11.00 AM	Yoga Nidra: Current Understanding	Prof. Manjari Tripathi AllIMS New Delhi	Dr RK Verma Dr Ranjit Kumar
2	11.00 AM – 11.30 AM	Perspectives on Hypnosis in Current Medical Practice	Prof. RM Kaushik SRHU, Dehradun	SRHU, Dehradun Dr Avinash P. Ranjan SRHU, Dehradun Dr Malini Srivastava SRHU, Dehradun
3	11.30 AM -12.00 PM	Plant Based Diet and Health	Prof. P Sarat Chandra AllIMS, New Delhi	Dr Vijay Dhasmana President SRHU, Dehradun
4	12.00 PM – 12.30 PM	Current Scope of Medical Astrology (interactive session)	Dr Prasanna Deshpande Dr D.Y. Patil Institute of Pharmaceutical Sciences and Research,Pune	Dr R Mangain Dehradun Dr Deepak Goel SRHU, Dehradun

12.30 PM: Lunch at Ashram and Departure.

Conference Press Release

1. https://allnewsbharat.com/pages/news_brief.php?nid=25829
2. <https://www.pioneeredge.in/experts-discuss-healing-aspects-of-spirituality-yoga-at-srhu/>
3. <https://haridwarnews24.com/?p=15080>
4. <https://gatimannews.com/swami-ram-university/>
5. <https://muktimod.com/41453/>

Pre Conference Press Release

1. <https://haridwarnews24.com/?p=15022>
2. <https://shouryagatha.com/health/200-neuro-and-spirituality-experts-will-join-swami-ram-himalayan-university-a-two-day-international-conference-will-be-held-on-16-and-17-november/>
3. <https://hkgnews247.com/200-neuro-and-spirituality-experts-will-join-swami-ram-himalayan-university/>
4. <https://www.thehawk.in/news/local/dehradun/200-neuro-and-spiritual-experts-will-join-swami-ram-himalayan-university-at-international-conference>

5. <https://gatimannews.com/swami-ram-himalayan-university/>
6. <https://hkgnews247.com/200-neuro-and-spirituality-experts-will-join-swami-ram-himalayan-university/>

Media Release:

Minister Ganesh Joshi continues campaign for Kedarnath BJP candidate

By OUR STAFF REPORTER RUDRAPRAYAG, 16 Nov: Cabinet Minister Ganesh Joshi today carried out public outreach in Maniguha village as part of the campaign for the Kedarnath Assembly by-election. He appealed to the voters to support BJP candidate Asha Nautiyal.

During his address, Joshi spoke to the women of the area, stating, "Prime Minister Narendra Modi's affection for Baba Kedarnath is well-known. From the holy land of Kedarnath, he declared that this decade belongs to Uttarakhand, and the Dhamsi government is working in alignment with Prime Minister Modi's vision for the reconstruction of Kedarkhati."

Minister Joshi expressed confidence that the people of Kedarnath would vote for the BJP based on the party's welfare policies and development initiatives. He assured that the BJP would secure a resounding victory in the Kedarnath Assembly by-election. He added that the people's trust in Prime Minister Modi and the Dhamsi government clearly indicates



that the BJP will win with a significant majority in the upcoming Assembly elections. The meeting was attended by Village Head Jot Singh, Vikram Singh, Gudi Devi, Parmila Devi, and hundreds of women from the area.

Conference on spiritual Neuroscience begins at SRHU



By RADHIKA NAGRATH

DEHRADUN, 16 Nov: The two-day international conference on spiritual Neuroscience discussing the evidences in the current field of neuroscience with the amalgamation of the Indian Vedic wisdom kicked off today at Swami Rama Himalayan University, Jolly Grant. Over 200 research papers are being presented in the conference by researchers, clinicians, neuroscientists etc.

The conference was inaugurated by Professor Meenu

Singh, AIMS Director Rishikesh, Dr Vijay Dhasmana, President SRHU, Dr Dayadhipananda, Ramakrishna Mission Mumbai, Dr Rajendra Dobhal, Dr VD Chauhan and Dr Deepak Goel. A souvenir on the research papers was released on the occasion.

Dr Dayadhipananda said diseases are many but the solution is one and that is adopting yoga as a way of life. Professor Meenu Singh, presiding as Guest of Honour said that Raj Yoga is said to be changing brain circuits, the flow of thoughts. The Himalayan master Swamiji Rama realised this long ago and built this university on the basis of integrating our ancient wisdom with medical science.

Dr Vijay Dhasmana, President SRHU quoted from Bhagwad Gita saying mind is one's enemy and mind alone is one's friend, the need is to balance it and our ancient wisdom gives the solution to this. Dr VD Chauhan, director general Academics gave the background of how the hospital was started in 1994 amalgamating the spiritual groundings in providing healthcare. Dr Deepak

Goel, chairman of the conference said the conference was meant to de-code the wisdom hidden in our scriptures in common man's language with evidences from medical science for the youth of the country so that they remain connected to our bhasha and Sanskriti (language and culture).

Dr BN Gangadhar who was instrumental in developing functional integrated medical centre in NIMHANS Bangalore and is chairman of National Medical Commission New Delhi gave his presentation on clinical applications and spirituality.

He stressed on the need of linking spirituality with clinical healthcare. He said living yoga lifestyle one can move from illness to wellness. Dr John Clark who is a Harvard University graduate discussed the new concept of using QEEG as analytics tool in measuring internal brain activity.

Dr Ashwani Bhat, associate professor of Neurology department delivered the vote of thanks.

Dr Binni Sareem from Mount Abu, Dr Naween KV, Dr Prakash Keshaviah, Dr Shobit Garg amongst other dignitaries were present on the occasion.

uttarakhand 02

Experts discuss healing aspects of spirituality and Yoga at SRHU

PNS ■ DEHRADUN

A two-day international conference on spiritual neuroscience started at Swami Rama Himalayan University, Jolly Grant on Saturday. The conference was jointly inaugurated by All India Institute of Medical Sciences (AIIMS) Rishikesh director Dr Meenu Singh, president of SRHU Vijay

has amalgamated spirituality with healthcare. He said that while science helps in meeting one's physical needs, spirituality caters to mental health. The professor and head department of neurology and organising chairman of the conference Dr Deepak Goel said that the objective of the conference is to decode



Dhasmana and Swami Dayadhipananda from Ramakrishna Mission Mumbai. AIIMS director Dr Meenu Singh said practicing Raj Yoga is known to change brain circuits and the flow of thoughts. She said that the late Swami Rama realised this long ago and built this university on the basis of integrating India's ancient wisdom with modern medical science. In his address Swami Dayadhipananda said that by adopting a healthy lifestyle and practicing Yoga one can get rid of many diseases. Quoting from the Bhagwad Geeta, the SRHU president Vijay Dhasmana said that the mind is one's enemy and also one's friend. There is a need to balance it and India's ancient wisdom provides a solution for it. The director general of academics at SRHU, VD Chauhan said the SRHU

the wisdom hidden in our scriptures in the common man's language with evidence from medical science. Addressing the plenary session in virtual mode the chairman of the National Medical Council (NMC) Dr BN Gadgar stressed on the need for linking spirituality with clinical healthcare. He said that by observing a yogic lifestyle one can move from illness to wellness.

THE PIONEER CLASSIFIEDS PUBLIC NOTICE

In military records my father's name is Ram Laot Chaurasia which is wrong correct name is Ram Laut, Aadhaar Number is 887239884418 F/o Army Number is 18021963P SPR Suraj Kumar Chaurasiya Village Sarai Majra Post Harigtonganj District Ayodhya Uttar Pradesh 224208

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स्वामी राम हिमालयन यूनिवर्सिटी में जुड़ेंगे 200 न्यूरो और अध्यात्म विशेषज्ञ

16-17 नवंबर को होगा दो दिवसीय अंतरराष्ट्रीय कांफ्रेंस का आयोजन।

देहरादून ■ डेस्क

स्वामी राम हिमालयन यूनिवर्सिटी, जॉली ग्रॉन्ट(देहरादून) में 16 और 17 नवंबर को दो दिवसीय स्पिरिचुअल न्यूरोसाइंस पर अंतरराष्ट्रीय सम्मेलन आयोजित किया जा रहा है। जिसमें पुरातन भारतीय ज्ञान विज्ञान और वर्तमान न्यूरोसाइंस में प्रमाणिकता के विषय पर शोध पत्र प्रस्तुत किए जाएंगे। देश और दुनिया से 200 से अधिक न्यूरो विशेषज्ञ तथा अध्यात्म से जुड़ी हुई हस्तियां एक साथ एक मंच पर एकत्र होंगी। देश में पहली बार इस तरह की कांफ्रेंस आयोजित की जा रही है जिसमें भारतीय पुरातन ज्ञान



और आधुनिक मेडिकल साइंस का अनूठा संगम होगा।

कांफ्रेंस में प्रमुख वक्ता के रूप में प्रोफेसर बीएन गंगाधर, पूर्व अध्यक्ष, निमहंस वेगलुरु एवं अध्यक्ष नेशनल मेडिकल कमिशन नई दिल्ली, डॉ स्वामी

दयाधीपानंद रामकृष्ण मिशन मुंबई, प्रोफेसर मंजरी त्रिपाठी, हेड न्यूरोलॉजी एआईआईएमएस न्यू दिल्ली प्रोफेसर जॉन क्लर्क अमेरिका से, प्रोफेसर प्रकाश केशवैया, डॉ पी एन रविंद्र, डॉ बिन्नी सरौन, डॉक्टर प्रसन्ना देशपांडे, डॉ राजेश के

मानिक आदि रहेंगे। स्वामी राम हिमालयन यूनिवर्सिटी द्वारा संचालित हिमालयन इंस्टिट्यूट ऑफ मेडिकल साइंसेज के न्यूरोलॉजी विभाग (तंत्रिका विज्ञान) के अध्यक्ष न्यूरोलॉजी के जाने माने न्यूरो फिजिशियन डॉक्टर दीपक गोयल ने यह जानकारी देते हुए बताया कि कि इस सम्मेलन में साइको न्यूरो इम्यूनोलॉजी, मेडिकल एस्ट्रोलॉजी, चंद्रमा और सूर्य का मन और मानसिक रोगों पर प्रभाव, ऐसे अनेक महत्वपूर्ण विषयों पर जो आम आदमी से जुड़े हैं उन पर व्याख्यान होंगे। भारतीय चिकित्सा पद्धति जिसमें योग, ध्यान, योग निद्रा द्वारा किस तरह ब्रेन के सर्किट पर सकारात्मक प्रभाव डाला जा सकता है, इन सब पर वैज्ञानिक तथ्यों और डाटा के साथ मंत विशेषज्ञ अपना वक्तव्य देंगे।



200 neuro & spiritual experts to attend International Conference at SRHU

By OUR STAFF REPORTER DEHRADUN, 15 Nov: A two-day international conference on Spiritual Neuroscience is being organized on 16 and 17 November at Swami Ram Himalayan University, Jolly Grant, here. More than 200 neuro specialists from the country and the world will participate in the conference.

Personalities related to spirituality and modern science will gather together on one platform. For the first time in the country, such a conference is being organised in which there will be a unique amalgamation of ancient Indian knowledge and modern medical science.

The key speakers at the conference will be Professor BN Gangadhar, former Chairman, NIMHANS Bangalore and Chairman National Medical Commission, New Delhi, Dr Swami Dayadhipananda, Ramakrishna Mission, Mumbai, Professor Manjari Tripathi, Head, Neurology, AIIMS New Delhi, Professor John Clerk from America, Professor Prakash Keshavaia, Dr PN Ravindra, Dr Binny Sarin, Dr Prasanna Deshpande, Dr Rajesh K Manik, etc.

While giving this information, neuro physician Dr Deepak Goyal,



Chairman of Department of Neurology, Himalayan Institute of Medical Sciences, said that, in this conference, lectures will be held on many important topics related to common people like psycho neuro immunology, medical astrology, effect of moon and sun on mind and mental disorders. Experts will give their presentations with scientific facts and data on how Indian medical system can have a positive effect on the circuit of the brain through yoga, meditation, yoga nidra. He said that more than 200 neuro specialists from India and abroad

will participate in the two-day International Neuro Conference. There will be four sessions in the two-day conference. The conference will be inaugurated tomorrow by the Chief Guest, Dr Vijay Dhasmana, President of Swami Ram Himalayan University. Dr M Srinivas, Director AIIMS Delhi, Dr Meenu Singh, Director AIIMS Rishikesh will also be present. The inaugural ceremony will be held in the university campus and the closing ceremony will be held in Sadhak Gram Ashram in Rishikesh.

There will be a special session

by Swami Dayadhipananda of Ramakrishna Mission, Mumbai, in the role of organising president who will deliver a speech on universal yoga therapy. Dr Goyal said that he himself has been studying medical astrology in depth for 3 years and despite being an allopathic doctor, he is finding the study of astrology very beneficial in providing medical benefits to patients suffering from mental ailments. He can predict what kind of challenges and at what age an epilepsy patient will face so that they can be diagnosed

correctly at the right time.

Many interesting facts which are given in the ancient scriptures and Vedas like the form of Shiving, trigunaatmak prakriti, scientific basis of all these, Sat Chit Anand form of soul, why 7 hours of sleep is necessary for every person will be presented. Doctors, clinicians, scientists, researchers from India and abroad will present their research papers on these topics. This conference will be beneficial for young scientists and common youth.

Dr Deepak Goyal, chief coordinator of the programme, said that in the first session, conscious mind, in the second session, the effect of yoga meditation on the mind, in the third session, the effect of eastern and western culture on human life and, in the final fourth session, the subject of medical astrology will be discussed.

Dr Ashwani Bhatt, Dr Manish Mittal, Dr Nikdu Yadav, Dr Ranjit Kumar, Dr Avinash, Dr Brijesh Tiwari, Dr Sanjay Pandey and others were present in the organising team of Swami Ram Himalayan University.

In this conference, research papers will be presented on the subject of authenticity in ancient Indian knowledge science and current neuroscience.

Wedding Bells

The wedding reception of **Nandini**, daughter of **Neetu & Vimal Kapoor**, with **Kshitij**, son of **Sangeeta & Rojeev Sharma**, was held in Doon on **15 November 2024**.
The Garhwal Post Family wishes the newly-weds a happy married life!

Wedding Bells

The wedding reception of **Abhimanyu**, son of **Sanjya & RS Meena** (retired IPS), with **Bahaar**, daughter of **Durgo Rattan & Narendra Singh**, was held in Doon on **15 November 2024**.
The Garhwal Post Family wishes the newly-weds a happy married life!



Conference on spiritual neurosciences to start today

PNS ■ DEHRADUN

More than 200 experts in the fields of neurosciences and spirituality will take part in the two-day international conference on Spiritual Neuroscience at Swami Rama Himalayan University. The conference will commence on November 16. Noted neuro physician and chairman of the department of neurology, Himalayan Institute of Medical Sciences, Dr Deepak Goyal informed that lectures will be held on topics such as psycho neuro immunology, medical astrology, effect of moon and sun on mind and mental disorders during the conference. Dr Goyal said, "Experts with scientific facts and data will discuss how the Indian medical system can have a positive effect on the circuit of the brain through Yoga, meditation and Yognidra. It is for first time in the country that such a conference is being organised in which

there will be a unique amalgamation of ancient Indian knowledge and modern medical science." The conference will be inaugurated by president of Swami Rama Himalayan University Vijay Dhasmana in presence of AIIMS New Delhi director Dr M Srinivas and AIIMS Rishikesh director Dr Meenu Singh. The inaugural ceremony will be held in the university campus and the closing ceremony will be held in Sadhak Gram Ashram in Rishikesh, he said. Former chairman, NIMHANS Bangalore and chairman of National Medical Commission, New Delhi, BN Gangadhar, Dr Swami Dayadhipananda of Ramakrishna Mission Mumbai, AIIMS New Delhi Neurology head Dr Manjari Tripathi and other experts will be the prominent speakers in the conference.

The Hawk Harid...

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200 Neuro And Spiritual Experts Will Join Swami Ram Himalayan University At International Conference

Radhika Nagrath

Dehradun (The Hawk): A two-day international conference on Spiritual Neuroscience is being organized on 16 and 17 November at Swami Ram Himalayan University, Jolly Grant (Dehradun). More than 200 neuro specialists from the country and the world will participate in the conference.

And personalities related to spirituality and modern science will gather together on one platform. For the first time in the country, such a conference is being organized in which there will be a unique amalgamation of ancient Indian knowledge and modern medical science. The key speakers at the conference will be Professor BN Gangadhar, former Chairman, NIMHANS Bangalore and Chairman National Medical Commission New Delhi, Dr Swami Dayadhipananda Ramakrishna Mission Mumbai, Professor Manjari Tripathi, Head Neurology AIIMS New Delhi, Professor John Clerk from America, Professor Prakash Keshavaiya, Dr PN Ravindra, Dr Binny Sarin, Dr Prasanna Deshpande, Dr Rajesh K Manik etc.

Run by Swami Rama Himalayan University

While giving this information, renowned neuro physician Dr Deepak Goyal, Chairman of Department of Neurology, Himalayan Institute of Medical Sciences, said that in this conference, lectures will be held on many important topics related to common man like psycho neuro immunology, medical astrology, effect of moon and sun on mind and mental disorder s. Experts will give their presentations with scientific facts and data on how Indian medical system can have a positive effect on the circuit of the brain through yoga, meditation, yoga nidra. He said that more than 200 neuro specialists from India and abroad will participate in the two-day International Neuro Conference. He said that there will be four sessions in the two-day conference. The conference will be inaugurated tomorrow, Saturday at 11:00 am by the chief guest Dr Vijay Dhasmana, President of Swami Ram Himalayan University, Dr M Srinivas, Director AIIMS Delhi, Dr Meenu Singh, Director AIIMS Rishikesh will also be present.

The inaugural ceremony will be held in the university campus and the closing ceremony will be held in Sadhak Gram Ashram in Rishikesh. There will be a special session of Swami Dayadhipananda of Ramakrishna Mission Mumbai in the role of organizing president who will deliver a speech on universal yoga therapy. Dr. Goyal said that he himself has been studying medical astrology in depth for 3 years and despite being an allopathic doctor, he is finding the study of astrology very beneficial in providing medical benefits to patients suffering from mental ailments. He can predict what kind of challenges and at what age an epilepsy patient will face so that they can be diagnosed correctly at the right time.

Many interesting facts which are given in our ancient scriptures and Vedas like the form of Shilving, trigunatmak prakriti, scientific basis of all these, Sat Chit Anand form of



soul, why 7 hours of sleep is necessary for every person, doctors clinician scientists researchers from India and abroad will present their research papers on these topics. This conference will be beneficial for young scientists and common youth. Dr. Deepak Goyal, chief coordinator of the program, said that in the first session, conscious mind, in the second session, the effect of yoga meditation on the mind, in the third session, the effect of eastern and western culture on human life and in the final fourth session, the subject of medical astrology will be discussed.

Dr. Ashwani Bhatt, Dr. Manish Mittal, Dr. Nikku Yadav, Dr. Ranjit Kumar, Dr. Avinash, Dr. Brijesh Tiwari, Dr. Sanjay Pandey and others were present in the organizing team of Swami Ram Himalayan University. In this conference, research papers will be presented on the subject of authenticity in ancient Indian knowledge science and current neuroscience. For the first time in the country such a conference is being organized in which there will be a unique confluence of Indian ancient knowledge and modern medical science. The key speakers at the conference will be Professor BN Gangadhar, President, NIMHANS Bangalore, Dr Swami Dayadhipananda Ramakrishna Mission, Mumbai, Professor Manjari Tripathi, Head Neurology, AIIMS New Delhi, Professor John Clerk from America, Professor Prakash Keshavaiya, Dr PN Ravindra, Dr Binny Sarin, Dr Prasanna Deshpande, Dr Rajesh K Manik, etc.

Run by Swami Rama Himalayan University

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Dr. Ashwani Bhatt, Dr. Manish Mittal, Dr. Nikku Yadav, Dr. Ranjit Kumar, Dr. Avinash,

With The Aim Of Strengthening Mutual Cooperation Between Dhanauri PG College



Haridwar (The Hawk): India located at Haridwar and "Faculty of Mathematics and Natural Sciences" University Bengkulu, Indonesia, a MOU was shared on 13th November 2024, in which an agreement was made between both the parties for the promotion of research and academic growth. Few points have been signed under the MOU, including (a) development of research & publications, (b) joint organization of conferences, workshops & forums, (c) sharing and utilization of resources & facilities, (d) joint supervision of PhD candidate, (e) faculty and student exchange program (f) collaborative research work through joint projects & funding from the various agencies etc.

On the occasion of the signing of the MOU, the Mr Adesh Kumar (Honorable Secretary), Dr Vijay Kumar (Principal) of Dhanauri PG College, Haridwar, India, Prof. Dr. Irfan Gustian (Vice Rector for Planning and Cooperation) and Dr Sal Prima Yuddha (Dean of Faculty of Mathematics and Natural Sciences) of University Bengkulu, Indonesia congratulated and wished each other. By this MOU, the Institutes of both the countries will be benefitted in the field of education and research.

Dr. Brijesh Tiwari, Dr. Sanjay Pandey and others were present in the organizing team of Swami Ram Himalayan University.

As part of the two-day International Conference on Spiritual Neuroscience

In this conference, research papers will be presented on the subject of authenticity in ancient Indian knowledge science and current neuroscience.

For the first time in the country such a conference is being organized in which there will be a unique confluence of Indian ancient knowledge and modern medical science. The key speakers at the conference will be Professor BN Gangadhar, President, NIMHANS Bangalore, Dr Swami Dayadhipananda Ramakrishna Mission, Mumbai, Professor Manjari Tripathi, Head Neurology, AIIMS New Delhi, Professor John Clerk from America, Professor Prakash Keshavaiya, Dr PN Ravindra, Dr Binny Sarin, Dr Prasanna Deshpande, Dr Rajesh K Manik, etc.

Run by Swami Rama Himalayan University

While giving this information, renowned neuro physician Dr Deepak Goyal, Chairman of Neurology Department (Neurika Vigyan) of Himalayan Institute of Medical Sciences, said that in this conference, lectures will be held on many important topics related to common man like psycho neuro immunology, medical astrology, effect of moon and sun on mind and mental diseases. Experts will give their statements with scientific facts and data on how Indian medical system can have a positive effect on the circuit of the brain through yoga, meditation, yoga nidra. He said that more than 200 neuro specialists from India and abroad will participate in the two-day International Neuro Conference. He said that there will be four sessions in the two-day conference. The conference will be inaugurated tomorrow, Saturday 16 November at 11:00 am by the chief guest Dr Vijay Dhasmana, President of Swami Ram Himalayan University, Dr M Srinivas, Director AIIMS Delhi, Dr Meenu Singh,

Director AIIMS Rishikesh will also be present. The inaugural ceremony will be held in the university campus and the closing ceremony will be held in Sadhak Gram Ashram in Rishikesh.

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Sr./DEN/MB acting for and on behalf of 1 and time are mentioned against each other only. Manual offers are not allowed against allowed to make payments against this is modes available on IREPS portal like net banking, cheque, Deposit receipts, FDR etc. see not a	
Tender No.	224-DRM-MB-24 Date: 06.11.2024
Name of work	Provision of Rubberwood Lane Crossing surface on LC No. 02, 07, 16, 21, 25, 27, 30, 38 and 44 on MB/ Q2B section and Sr. DEN-FVMB
Tender Closing Date/Time	10.12.2024 (16.00 hrs.)
Advertised Value(₹)	₹2,86,07,087.71
Earnest Money(₹)	₹2,93,000.00
Period of Completion	08 Months
Bidding Start Date	26.11.2024
No. Sr. DEN/MB/Publication/24-25	Date
	SEP

Sr. DEN/MB acting for and on behalf of Bidders will be able to submit their original shall be ignored. Contractors are allowed to IREPS portal like net banking, debit card, cr	
Tender No.	224-DRM- Dr. 80,1
Name of Work	Provision of Level Crossing LC Nos 02, 07, 30, 38 and 44 on MB/ Q2B section, IV-MB.
Tender Closing Date	10.12
Tender Closing Time	16
Advertised Value (₹)	2,86,07
Earnest Money (₹)	2,93.0
Period of completion	8 Mo
Bidding Start Date	26.11
Tender No. Sr. DEN/MB/Publication/24-25	

तंत्रिका विज्ञान पर दो दिवसीय अंतरराष्ट्रीय कॉन्फ्रेंस में देश-विदेश से एक मंच पर जुटे 200 से ज्यादा विशेषज्ञ



जौली ग्रांट (देहरादून)। स्वामी राम विश्वविद्यालय, जौली ग्रांट, देहरादून में प्राचीन भारतीय अध्यात्म ज्ञान और वर्तमान तंत्रिका विज्ञान पर दो दिवसीय अंतरराष्ट्रीय कॉन्फ्रेंस आयोजित की गई। मुख्य अतिथि स्वामी राम विश्वविद्यालय के अध्यक्ष डॉ विजय धस्माना, कुलपति राजेंद्र डोभाल, विश्वविद्यालय के अकादमी एवं विकास केंद्र के महानिदेशक डॉ विजयेंद्र डी चौहान, रामकृष्ण मिशन चैरिटेबल हॉस्पिटल मुंबई के मेडिकल सुप्रीटेंडेंट स्वामी डॉ. दयाधीपानंद महाराज, ऋषिकेश एम्स की निदेशक डॉ. मीनू सिंह, कॉन्फ्रेंस की आयोजन समिति के अध्यक्ष एवं मुख्य सूत्रधार डॉ. दीपक गोयल ने सामूहिक रूप से दीप प्रज्वलित कर कार्यक्रम का शुभारंभ किया। इस अवसर पर एक स्मारिका का विमोचन भी किया गया। इस अवसर पर स्वामी राम विश्वविद्यालय के अध्यक्ष और कॉन्फ्रेंस के मुख्य अतिथि डॉ. विजय धस्माना ने कहा कि हमें अपने अध्यात्म ज्ञान की ओर फिर से वापस लौटना होगा। जिससे ही हमारी सभी बीमारियों का निदान हो सकेगा। उन्होंने कहा कि आज हम अपनी जड़ों को भूल गए हैं। इसलिए कई समस्याएं हमारे सामने जटिल बनकर खड़ी हुई है। उन्होंने कहा कि आज कुछ लोगों ने योग को व्यापार बना दिया है। और ऐसे लोग योग और ध्यान के नाम पर लोगों को डरा रहे है। तभी समाज में अनेक विसंगतियां पैदा हो रही है। प्राचीन भारतीय अध्यात्म ज्ञान के रहस्यों को उजागर करते हुए डॉ. धस्माना ने कहा कि मनुष्य की मृत्यु के साथ-साथ बुद्धि और अहंकार मर जाएगा परंतु चित्त बच जाएगा। इसीलिए योग द्वारा चित्त की विकृतियों का शमन करना आज के युग की जरूरत है। स्वामी डॉ. दयाधीपानंद महाराज ने कहा कि योग सभी बीमारियों का निदान है। हमें अपने जीवन में योग, अध्यात्म और ज्ञान को ध्यान को नियमित दिनचर्या में शामिल करना चाहिए। एम्स ऋषिकेश की निदेशक मीनू सिंह ने कहा कि गीता में हमें कर्म योग, राज योग बारे में बताया गया है जो हमारे जीवन की सभी कठिनाइयों निदान करता है। भारतीय अध्यात्म ज्ञान बहुत समृद्ध है। विश्वविद्यालय के कुलपति राजेंद्र डोभाल ने कहा कि भारत का प्राचीन अध्यात्म ज्ञान हमें जीवन जीने की पद्धति को सीखता है।

Some Glimpse of the Events

Link to gallery:







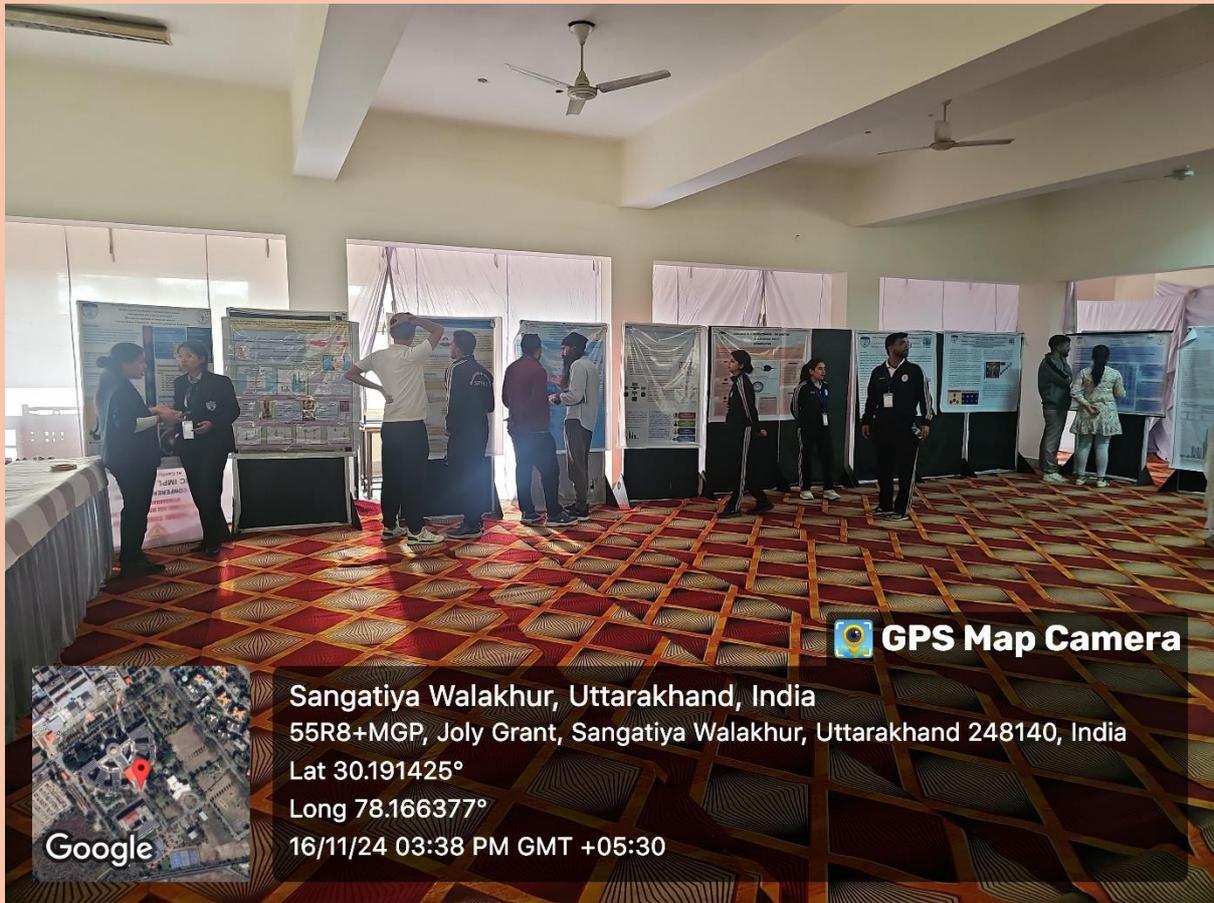












 **GPS Map Camera**



Sangatiya Walakhur, Uttarakhand, India
55R8+MGP, Joly Grant, Sangatiya Walakhur, Uttarakhand 248140, India
Lat 30.191425°
Long 78.166377°
16/11/24 03:38 PM GMT +05:30



 **GPS Map Camera**



Rishikesh, Uttarakhand, India
37CJ+R5R, Barrage Colony, Rishikesh, Veerbhadra, Uttarakhand 249202, India
Lat 30.071535°
Long 78.279443°
17/11/24 10:01 AM GMT +05:30



 **GPS Map Camera**



Rishikesh, Uttarakhand, India
37CJ+R5R, Barrage Colony, Rishikesh, Veerbhadra, Uttarakhand 249202, India
Lat 30.071482°
Long 78.27945°
17/11/24 11:24 AM GMT +05:30





Thank You all...