

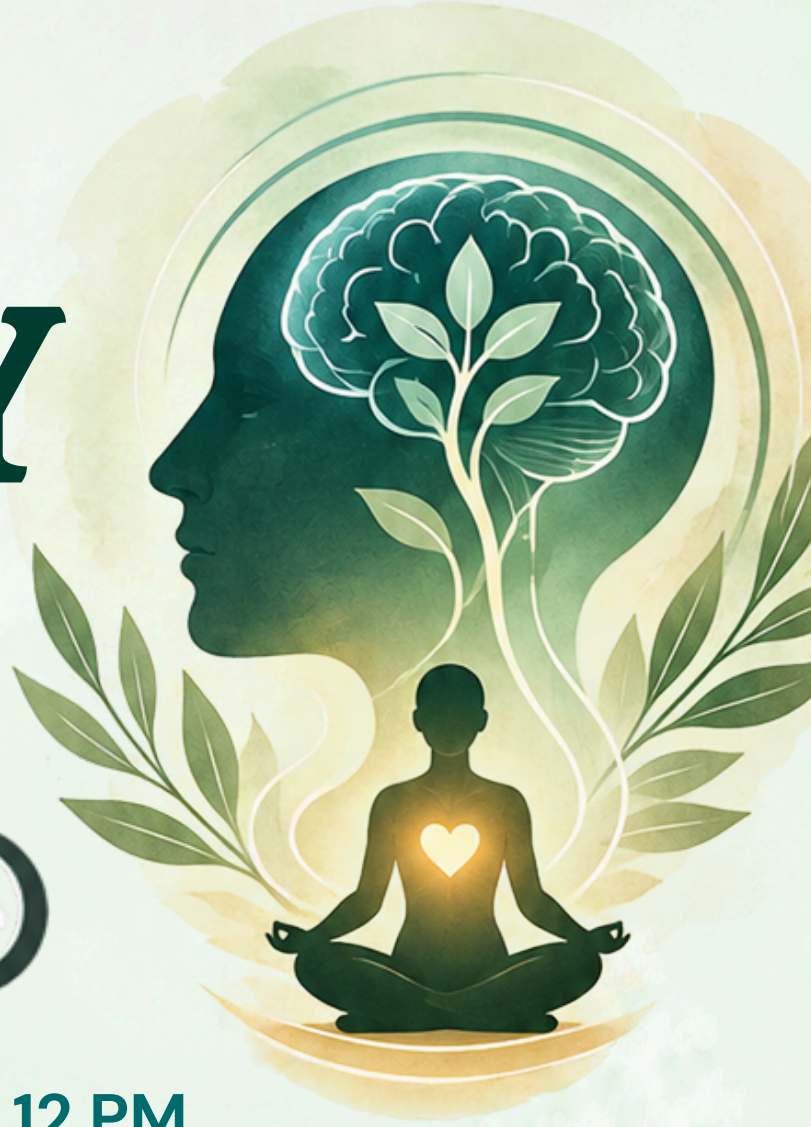


आयुष मंत्रालय
Ministry of
AYUSH



WORKSHOP ON

MIND BODY MEDICINE



28 October,
2026



Dept. of Integrative
Medicine , NIMHANS



9 AM – 12 PM

WORKSHOP DETAILS

WHO CAN ATTEND?

- ✓ Mental Health Professionals
- ✓ AYUSH Professionals

REGISTRATION FEE

₹500 (only for pre-conference workshop)



Scan to
Register



@YANTRA_2026



Department of Integrative Medicine,
National Institute of Mental Health and Neurosciences (NIMHANS)



YANTRA 2026

YOGA & AYURVEDA IN NEUROSCIENCES: THERAPEUTICS &
RESEARCH APPROACHES. AN INTERNATIONAL CONFERENCE

APPLICATIONS OF MIND BODY MEDICINE IN MENTAL HEALTH

OUR SPEAKERS



Dr. Sanjay Phadke
Consultant Neuropsychiatrist,
Deenanath Mangeshkar Hospital &
Research Center Pune



Dr. Reinhard Bogle
Adj. Professor, Director of
Vocational Training Yoga Forum,
Munich

ABOUT WORKSHOP

This hands-on workshop introduces an evolving approach to Mind-Body Medicine, moving beyond awareness and introductory concepts towards structured approaches to health assessment and health management. It brings together classical principles of yoga with contemporary perspectives from biomechanics, neuroscience and psychology, demonstrating their application in practice. Participants will engage with practical approaches to understanding health, along with illustrative demonstrations and video-based learning. The workshop is designed to provide a structured and competency-oriented learning experience for professionals and delegates interested in integrating mind-body approaches into contemporary health and healthcare practice.

LIMITED SEATS AVAILABLE. SECURE YOUR SPOT TODAY!