आयुष मंत्रालय
Ministry of AYUSH

WORLD AYURVEDA FOUNDATION

Jigñāsa जिज्ञासा

WORKSHOP ON

APPLICATIONS OF INDIAN KNOWLEDGE SYSTEMS IN MENTAL HEALTH



28 October, 2026

Dept. of Integrative Medicine, NIMHANS

2 PM – 5 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 INDIAN KNOWLEDGE SYSTEM IN MENTAL HEALTH

OUR SPEAKERS



Dr. MATCHERI S KESHAVAN
Professor of Psychiatry
Harvard Medical School



Dr. HEMANT BHARGAV
Associate Professor of Yoga
IMD, NIMHANS



Dr. AARTI JAGANNATHAN
Professor of Psychiatric
Social Work, NIMHANS

ABOUT WORKSHOP

Discover how timeless insights from the Bhagavad Gita, Patanjali Yoga Sutras, Ramayana and Natya Shastra can inform contemporary approaches to mental health and counselling. Explore their application in psychological understanding and Yoga-based counselling, with perspectives relevant to mental health and Yoga professionals.

LIMITED SEATS AVAILABLE. SECURE YOUR SPOT TODAY!