आयुष मंत्रालय
Ministry of AYUSH

WORLD AYURVEDA FOUNDATION

Jigñāsa जिज्ञासा
LEARN AYUSH TO PRACTICE AYUSH

WORKSHOP ON

FINDING ONE'S INNER SELF: DEVELOPING CONSCIOUSNESS-CENTERED RESEARCH METHODS

28 October, 2026

Dept. of Integrative Medicine , NIMHANS

2 PM – 5 PM

WORKSHOP DETAILS

WHO CAN ATTEND?

- ✔ Mental Health Professionals, Faculty & Students
- ✔ AYUSH Professionals
- ✔ Interested Students and Faculty

REGISTRATION FEE

₹500 (only for pre-conference workshop)

Scan to Register

@YANTRA_2026

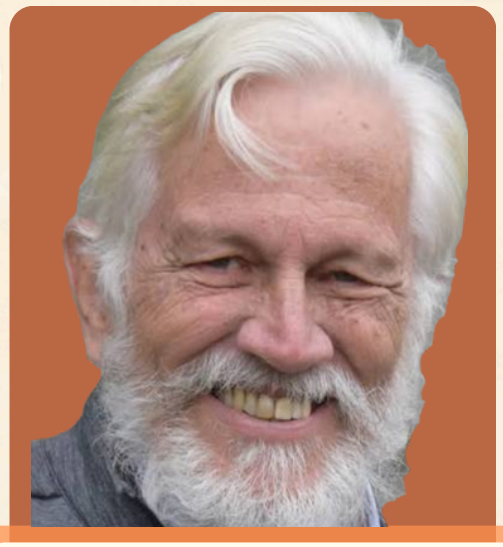
Department of Integrative Medicine,
National Institute of Mental Health and Neurosciences (NIMHANS)

YANTRA 2026

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

FINDING ONE'S INNER SELF: DEVELOPING CONSCIOUSNESS-CENTERED RESEARCH METHODS

OUR SPEAKERS



Dr. Matthijs Cornelissen
Former Director of Indian Psychology Institute, Puducherry, India



Dr. Jyotsna Agrawal
Additional Professor of Clinical Psychology, NIMHANS

ABOUT WORKSHOP

Explore inner realities, consciousness and subjective experience through experiential activities, guided reflection, and dialogue. Taking into account the wide range of experiences people have, examine different ways of understanding, developing and researching them.

LIMITED SEATS AVAILABLE. SECURE YOUR SPOT TODAY!