

Report on the Lecture by Dr. Naren Rao

Date: 12th Jan. 2017, Venue: BIC

Topic:

Yoga and the Neuroscience of Self

As part of bi-monthly lecture series IGNCA SRC in association with Bangalore International Centre organised a talk on “Yoga and the Neuroscience of self” by Dr. Naren Rao. During his talk Dr. Rao said “Yoga, a traditional practice, has become popular across the globe in the last few decades and several reports suggesting benefits of yoga for promotion of mental health. However, the neuroscience of yoga and its application to mental health issues is relatively recent”.

He continued saying, “Different studies in the past decade have given glimpse of emerging new research on yoga as a potential treatment for neropsychiatric disorders. The talk will focus on the therapeutic potential of yoga and the neurobiological changes associated with yoga with a specific focus on changes in self relevant processing”.

Dr. Prabha S. Chandra moderated and chaired the talk. Dr. Deepthi Navaratna, Executive Director, IGNCA SRC proposed the vote of thanks.

