



**Ministry of Science and Technology
Department of Science and Technology**

**Science and Technology of
Yoga and Meditation (SATYAM)**

Call for Research Proposals for 2015–16

Indian philosophical systems have always emphasized the control of mind and body. Such control has been proposed and practiced based on elaborate classical philosophical systems that subsume different positions on the relationships between body, mind and consciousness. Yogic and meditation practices have led to a systematic analysis of mind and consciousness together with a set of meditative disciplines designed to eliminate cognitive errors. Yoga and meditation are regimes or life style practices that train the mind to perceive clearly and lead one towards wisdom.

Cognitive Science as an interdisciplinary endeavor that interfaces with Psychology, Neuroscience, Medicine, Computer Science and Philosophy is well placed to address the different aspects of yoga and meditation research. An interdisciplinary approach based on cognitive science is needed to integrate different disciplines, approaches and methods engaged in the study of yoga and meditation. The research on yoga and meditation would also help in solving fundamental problems in cognitive science.

The Department of Science and Technology (DST) has conceptualized a research programme 'Science and Technology of Yoga and Meditation' (SATYAM) under Cognitive Science Research Initiative (CSRI). Research proposals are invited from scientists/academicians having prior research experience in 'Yoga and Meditation'. Multi-centric interdisciplinary research proposals are also encouraged. This new programme is aimed to foster scientific research on the effects of yoga and meditation on physical and mental health, and on cognitive functioning in healthy people as well as in patients with disorders.

Themes: Basic themes for this programme include: (1) investigations on the effect of yoga and meditation on physical and mental health, and (2) investigations on the effect of yoga and meditation on the body, brain and mind in terms of basic processes.

Who can apply: The scientists/academicians with research background in 'Yoga and Meditation' and having regular position are invited to participate in this new initiative. Practitioners actively involved in yoga and meditation practices are also encouraged to apply in collaboration with academic and research institutions. Interested researchers are required to submit research proposals in their area of expertise along with Endorsement Certificate from the Head of the Institution and detailed bio-data of PI and Co-PIs. The project proposal format is available on the DST website: www.dst.gov.in

Project duration: The project is tenable for a maximum period of three (3) years.

Where to apply: Fifteen (15) copies of research proposal in prescribed format should be sent to **Dr H. B. Singh**, Scientist, Department of Science and Technology, Technology Bhawan, New Mehrauli Road, New Delhi 110 016 by speed post. A soft copy of the proposal should also be mailed at haribsingh@nic.in. The envelope may be superscribed with 'SATYAM'.

Last date of proposal submission is: **30 September 2015**.