



सत्यमेव जयते

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

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

### **Call for Research Proposals for 2016–17**

Department of Science and Technology (DST), in 2015, conceptualized a new research programme – **Science and Technology of Yoga and Meditation (SATYAM)** – under its Cognitive Science Research Initiative (CSRI). As Yoga and Meditation are interdisciplinary endeavors that interface with Neuroscience, Medicine, Psychology, Philosophy, and so on, therefore an interdisciplinary approach is needed to converge different and diverse disciplines as well as approaches and methods in the study of yoga and meditation. Thus comprehensive research on yoga and meditation is expected to address various challenges confronting physical and mental health. 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.

In light of the above, for the year 2016–17, research proposals are invited from scientists/ academicians, preferably having prior research experience in scientific aspects of 'Yoga and Meditation'. Multi-centric, interdisciplinary research proposals are encouraged.

**Themes:** Basic themes being covered under SATYAM include, among others, (1) investigations on the effect of Yoga and Meditation on physical and mental health, and well being, and (2) investigations on the effect of Yoga and Meditation on the body, brain and mind in terms of basic processes and mechanisms.

**Who can apply:** Scientists/academicians with research background in 'Yoga and Meditation' and having regular position are invited to participate in this initiative. Practitioners actively involved in yoga and meditation practices are also encouraged to apply in collaboration with academic and research institutions of repute. 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](http://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 Vandana 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 [satyam.dst@nic.in](mailto:satyam.dst@nic.in). The envelope may be superscribed with 'SATYAM'.

Last date of proposal submission is: **15 November 2016.**