



Ministry of Science and Technology  
Department of Science and Technology

**Science and Technology of Yoga and Meditation (SATYAM)  
Call for Research Proposals for 2019-20**

Science and Technology of Yoga and Meditation (SATYAM) is an interdisciplinary endeavour of Department of Science and Technology (DST) that interface with Medicine, Physiology, Psychology, Neuroscience, Philosophy, etc. SATYAM Programme converge different and diverse disciplines, as well as approaches and methods in the study of yoga and meditation. SATYAM 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. The comprehensive research on yoga and meditation under SATYAM is expected to apply new approaches for ailments' cure, setting of standard and specific yoga protocols, conduct scientific research, calibrations and analysis in order to bring out processes/protocols for healthy body and mind.

In light of the above, the research proposals are invited under SATYAM from scientists/ academicians/yoga practioners, preferably having prior research experience in scientific aspects of 'Yoga and Meditation'. Multi-centric, interdisciplinary research proposals are also encouraged.

**Themes:** Basic themes covered under SATYAM include: (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 and mind in terms of basic processes and mechanisms. Additionally, scientific studies, which provide development and standardization of protocols, consolidation of existing knowledge in Indian perspective, etc., are also encouraged.

**Who can apply:** Scientists/academicians/yoga practitioners 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 websites: [www.dst.gov.in](http://www.dst.gov.in) and [onlinedst.gov.in](http://onlinedst.gov.in).

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

**Proposal submission:** Project proposal in prescribed format should be submitted at online portal of DST, i.e. e-PMS ([onlinedst.gov.in](http://onlinedst.gov.in)). Principal Investigators have to register themselves ate-PMS and then proposal can be uploaded in the given format which is available on e-PMS under KIRAN Division and at DST website. Two (2) hardcopies of submitted research proposal should also be sent to **Dr Vandana Singh**, Scientist-E, Department of Science and Technology, Technology Bhawan, New Mehrauli Road, New Delhi 110 016, by Speed Post. The envelope should be superscribed with 'SATYAM'.

Last date of proposal submission is: **15 March 2020**.