



THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



INTERNATIONAL CONFERENCE ON

GLOBAL ANCIENT KNOWLEDGE SYSTEMS

Here is how to have a Haldi (Healthy) Brain !

Haldi or turmeric has a special place in Indian cuisine and culture. It is used for our cooking and in poojas. It has been shown to have so many benefits which science is discovering now. Here are some of the hidden benefits of haldi for your brain.

Haldi or turmeric has an active compound called curcumin, which can cross our blood brain barrier. That means it can directly enter our brain. In research studies, curcumin has been shown to increase BDNF a chemical in the brain called Brain Derived Neurotropic Factor which promotes cell growth in the brain. For many years, Neuroscientists thought that once we reach a certain age our brain cells do not replenish and as we age our brain dies a slow death. But now science is discovering that we can generate as many as 700 new cells in the brain per day and Haldi or turmeric can help us do that. turmeric also shown to increase dopamine and serotonin which are happy molecules in our brain. They make us happy and improve our quality of life. So go ahead add haldi in your diet. One thing to remember though unfortunately, the curcumin in haldi will not get absorbed in the blood and that is why it is good to add a pinch of pepper when you eat haldi. Black pepper contains a compound called piperine that increases the absorption of curcumin in blood by 2000 %. So must add black pepper when you eat haldi. So go ahead, to have a healthy brain, eat some haldi.

[Click here to watch the video](#)

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Highlights of the International Conference on Global Ancient Knowledge Systems 2021

Day 1: Ancient solutions for Modern Health Challenges

Inaugural Session 16th February, 2021



Planery / Inaugural Session:

Moderated by

Ms. Divya Kanchibothla
Executive Director,
Sri Sri Institute for Advanced Research



Key Note Speakers included:

- Dr. Vijay Chauthaiwale In-Charge, Foreign Affairs Department, Bharatiya Janata Party, India.
- Dr. Naresh Trehan Chairman and Managing Director, Medanta, India
- Dr. Selvamurthy President, Amity STI Foundation, India

Inspired by Gurudev Sri Sri Ravi Shankar, this conference represented an effort at reassessing the relevance of GAKS at a time when the world is suffering from a multiplicity of problems, and delving into GAKS to seek possible solutions to the global challenges facing humanity today.

Panel discussion:

Moderated by

Dr. Somya Ramrakhyani



Panelists:

- Dr. Puneet Sood Director at National Institute of Fashion Technology Kannur Kerala
- Dr. Con Stough Director, Swinburne Centre for Neuropsychology, Australia
- Dr. Mythily Subramaniam Director of the Research Division and Lead Investigator of the Programme of Mental Health Policy Studies at the Institute of Mental Health (IMH), Singapore
- Dr. Dara Gahahremani Faculty, UCLA Cannabis Research Initiative, University of California, LA

This session, included scholars as well as specialist trainers who work with children, deliberated upon how the current problems can be addressed, and presented solutions that are available in ancient knowledge systems as well as healthy practices that can be usefully taught to the younger age groups to mitigate negative influences such that health and wellbeing are achieved.



Panelists of Youth Mental Health: Ancient Solutions for the Next Generation



Highlights of the International Conference on Global Ancient Knowledge Systems 2021

Day 2: Ancient Practices to Make Our Living Space Environmentally Friendly

REIMAGINING THE WORLD WE LIVE IN- 17TH FEBRUARY, 2021



The world that our parents knew is not the world our children know: what with innovative devices, novel ideas of 'glocalization,' an 'online' world, we have been forced to re-imagine the world we live in. Whether education or work or parenting or caring for the elderly, every aspect of life today has undergone a metamorphosis that needs us to adapt or fall by the wayside. In such times, where can we turn for alleviation? What is it that can help us successfully deal with uncertainties and overcome our apprehensions? The knowledge and wisdom of ancient peoples hold many solutions, as the Keynote speakers for this session elaborated.

Dr. Virendra Kumar Tewari Director, IIT Kharagpur, India

Spoke about the challenges in the education of students at all levels pre-primary, primary, high School and higher education in the light of Indian Knowledge Systems.

Dr. Sat Bir Singh Khalsa Asst. Professor, Harvard Medical School, USA

Spoke the benefits of making yoga an integral part of an individual's life and leading in turn to a healthy society.

Dr. Alex Hankey Sr. Vaidic Researcher and Theoretical Physicist, India

Spoke on Jyotisha, its correlation and verification through microbiology.

Smt. Bhanumathi Narasimhan, Director, Women Empowerment and Child Care Programs, The Art of Living

Shared a wealth of knowledge of how our ancient knowledge systems help navigate modern-day parenting.

Dr. Shrinivasa Varakhedi, Vice Chancellor, Kalidasa Sanskrit University, India

Spoke on Runah (ऋणप्रज्ञाः) binding principle of discrete world, and how people in ancient times have used the commitment of the individual for superior development and the well being of the society.

Dr. Dharm Bhawuk, Professor of Management Studies, University of Hawaii, Maona, USA

Spoke on the Bhagawad Gita and leadership principles



MASTER CLASSES

IC GAKS 2021



MS. KAUSHANI DESAI
PROGRAM DIRECTOR,
HOLISTIC COOKING

**A SUMPTUOUS PATH TO
HEALTH: A MASTERCLASS
ON HOLISTIC COOKING**

“You are what you eat” – this common saying remarks on the linkage of food and health. In this master class on the basics of Holistic cooking, Kaushani Desai took the participants through the details of various kinds of food, touching upon their basic properties, and their impact on the body. Cooking tips included how to ensure that maximum nutritive value in the food is retained while cooking. The participants also learnt about right and wrong food combinations – which foods complement each other, and which work against one another!



MS. RONA GLYNN MCDONALD
FOUNDER AND CEO, COMMON
GROUND, AUSTRALIA

**FIRST NATIONS STORY
TELLING FROM
AUSTRALIA**

The ‘First Nations’ of Australia include the Aboriginal people and the Torres Strait Islanders who inhabited the continent long before the Europeans arrived, long before the continent was named ‘Australia’! First Nations cultures are a varied group, in that more than 250 indigenous languages are spoken, yet there is the common thread of connection among them: they are based, like most native cultures, on relationships with one another, with the Great Spirit, and with the Earth. This masterclass brought us some of the stories and wisdom of the people of the First Nations.



MR. BINAY KUMAR SINGH
HEAD, PERMACULTURE
DEPARTMENT, ART OF
LIVING, BENGALURU

**INTRODUCTION TO
PERMACULTURE**

Permaculture is a term that is a combination of ‘permanent’ and ‘agriculture’, which is rooted in indigenous cultures. It is a sustainable way of growing food. It is a chemical-free, no-waste, ethical manner of utilizing the available resources, where the earth is respected and cared for. Permaculture fosters symbiotic relationships that enable a rich diversity of flora and fauna to coexist. Mr. Binay Kumar familiarized the participants with some of the core concepts of permaculture in this master class



MS. TRUPTI DOSHI
PRINCIPAL ARCHITECT
THE AUROMA GROUP

**ANCIENT PRACTICES TO MAKE
OUR LIVING SPACE
ENVIRONMENTALLY FRIENDLY**

“Trupti Doshi, architect and integrated sustainability engineer from Auroville, believes that “Buildings are meant to complement their environment, not compete with it.” Through this masterclass, she shared her experience in ecological design, eco-friendly materials, building technologies, energy efficiency, waste management, thermal comfort, use of renewables and other sustainable ideas to demonstrate how living spaces can be made environment-friendly. It is her belief that we need to learn to respect the earth and live in harmony with ourselves and each other.



ABSTRACT PRESENTATION

IC GAKS 2021



Themes of abstract presentation

1. Indigenous Knowledge for Healthy Women and Children
Chaired by Dr. Panos Vostanis, Professor of Child Mental Health, University of Leicester, UK
2. Ancient Wisdom for Increasing Happiness and Quality of Sleep in a Modern World - Chaired by Dr. Robert Sloan, Faculty of Medicine, Kagoshima University, Japan
3. Role of Ancient Practices in Enhancing Gut Health
Chaired by Dr. Neeraj Nagaich, Gastroenterologist, Fortis Escorts, Jaipur, India
4. Indian Knowledge Systems and Their Application in Modern Life
Chaired by Dr. Ashish Pandey, Associate Professor, IIT Mumbai, India and Dr. Nisha Pandey, Associate Professor, IIT Mumbai, India
5. Ancient Strategies for Environmental Conservation
Chaired by Dr. Jaysree Vaidyanathan, Scientist at National Institute for Advanced Studies, IISc., India



DID YOU KNOW?

What happens in our body in a minute?



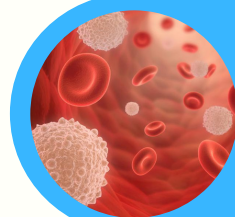
600 million bits of visual data processed



700 million DNA mutations occur



Nearly 2 trillion neurons are fired



7 million new white blood cells produced



30,000 skin cells are shed

ASSOCIATION BETWEEN YOGIC BREATHING PRACTICE AND PERCEIVED IMPACT OF COVID-19

A Cross-Sectional Study From India

S. Parimala and Divya Kanchibhotla

Asia Pacific Journal of Public Health

COVID-19 was declared a pandemic by the World Health Organization. The pandemic caused a lot of distress and mental issues among individuals. An online self-protected survey was conducted by Sri Sri Institute for Advanced Research on mental health, anxiety and depression scores among SKY and non-SKY practitioners. The results of this study indicated that practice of yogic breathing improves mental stability and health during times of crisis.

RESPONSES WERE COMPARED BETWEEN TWO GROUPS

956

A total of 956 responses were obtained.

554

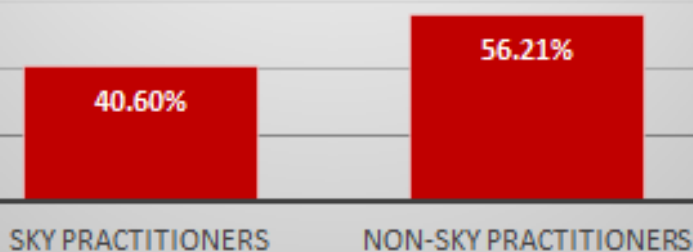
Sudarshan Kriya Yoga Practitioners.

402

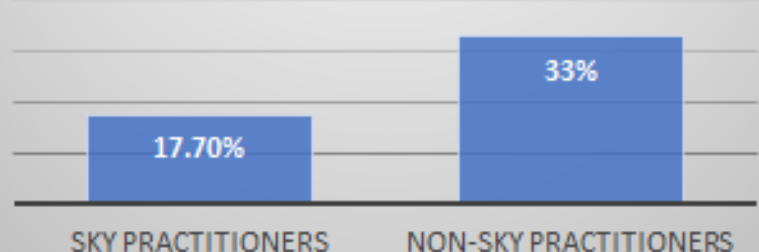
Non- Sudarshan Kriya Yoga Practitioners

STUDY FINDINGS

% Population Reported Negative Impact of COVID-19 Pandemic on Mental Health



% Population Experiencing Anxiety during COVID-19 Pandemic



Self Reported Mental Health

40.6% SKY practitioners reported negative change in their mental health compared to 56.21% of non-SKY practitioners.

Anxiety Symptoms during Pandemic

Only 17.7% SKY practitioners experienced anxiety due to the pandemic compared to 33% of non-SKY practitioners.



LIVE EVENTS

During the Months of January & February 2021

ON THE OCCASION OF
INTERNATIONAL DAY OF WOMEN IN SCIENCE

**ROLE OF GLOBAL ANCIENT KNOWLEDGE SYSTEMS
IN A MODERN WORLD**

A CONVERSATION BETWEEN EMINENT WOMEN SCIENTISTS
AND GURUDEV SRI SRI RAVI SHANKAR

DR. BHAVANI R.V.
SCIENTIST, M.S. SWAMINATHAN RESEARCH FOUNDATION, CHENNAI, INDIA

DR. RITU ANEJA
ICART FOUNDER, DISTINGUISHED PROFESSOR OF CANCER BIOLOGY AT GEORGIA STATE UNIVERSITY, USA

Gurudev Sri Sri Ravi Shankar
FOUNDER OF ART OF LIVING FOUNDATION

DR. SHASHI BALA SINGH
DIRECTOR, NATIONAL INSTITUTE OF PHARMACEUTICAL EDUCATION & RESEARCH, HYDERABAD, INDIA

DR. SUDHA RAO
CO-FOUNDER AND EXECUTIVE DIRECTOR AT GENOTYPIC TECHNOLOGY PRIVATE LTD., INDIA

[Role of Global Ancient Knowledge Systems in a Modern World - A Conversation between eminent women scientists and Gurudev Sri Sri Ravi Shankar - Feb 11, 2021](#)

Yama & Niyama
Relevance of the
Yogic Knowledge
Systems in Modern Life

In
conversation with

Dinesh Kashikar Ji

Tuesday, Jan 26, 2021
9 PM IST

@theartoflivingresearch
LIVE

International Conference on Global Ancient Knowledge Systems
Register @ bit.ly/ICGAKS_Registrations

For more information, visit us at www.research.artofliving.org

[Yama and Niyamas -Relevance of Vedic Knowledge Systems in Modern Life](#)
In conversation with Dinesh Kashikar
Jan 26, 2021

On this National Youth Day,
Sri Sri Institute for Advanced Research
would like to invite
young minds in the conversation with our
Executive Director,
Smt. Divya Kanchibhotla ji.

Youth Mental Health : Role of Ancient Knowledge Systems

Catch us live on our Facebook Page.
Tonight @ 9 PM
@aolresearch

[Youth Mental Health: Role of Ancient Knowledge Systems](#)
Jan 12, 2021

IC-GAKS 2021

CREATING HAPPY EMPOWERED YOUNG LEADERS

In conversation with
Annelies Richmond & Dr Somya Ramrakhyani

Tuesday, February 2, 2021
9 PM IST / 10:30 AM EST

@aolresearch
LIVE

[Creating Happy Empowered Young Leaders](#)
A Conversation between Annelies Richmond,
Dr. Somya Ramrakhyani and Divya
Kanchibhotla Feb 2, 2021

FROM MEDICATION TO MEDITATION

A Live Event
WITH
DR. SOMYA RAMRAKHYANI
A physician who went from prescribing medication to teaching meditation

TUESDAY 19 JAN 2021
@9 PM IST

[From Medication to Meditation](#)
A conversation between two sisters
Jan 19, 2021

GLOBAL ANCIENT KNOWLEDGE SYSTEMS

A new paradigm of thinking!

Join us Live:
January 5 | 9 PM IST

@theartoflivingresearch
@divya.kanchibhotla

[Global Ancient Knowledge Systems](#)
[A new paradigm of thinking](#)
Jan 5, 2021

