

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

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**In news-**During the year 2020-21, the Department of Science and Technology(DST) had announced a special call under the SATYAM programme to combat with Covid-19 and related viruses.

## **About SATYAM programme-**

- The **Department of Science and Technology** has been implementing this Programme since the **year 2015-16**.
- DST conceptualized the SATYAM programme **under its Cognitive Science Research Initiative (CSRI)**.
- The programme is aimed to foster scientific research on the effects of yoga and meditation on physical & mental health and on cognitive functioning in healthy people as well as in patients with disorders.
- During 2020-2021, DST announced a special call under SATYAM programme to combat with Covid-19 and related viruses in order to explore the effect of yoga and meditation as add-on therapy under three broad thematic areas viz. immunity, respiratory system and stress, anxiety & depression.

## **Themes under the programme**

Basic themes being covered under SATYAM include:

- Investigations on the effect of Yoga and Meditation on physical and mental health and well being.
- Investigations on the effect of Yoga and Meditation on the body, brain, and mind in terms of basic processes and mechanisms.

## **Who can apply for the programme?**

- Scientists/academicians with research background in 'Yoga and Meditation' and having regular positions are allowed 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.

### **Cognitive Science Research Initiative (CSRI)**

- The Department of Science & Technology (DST) had initiated this programme in 2008 during 11th Five year plan.
- CSRI facilitates a platform for the scientific community to work for better solution of challenges related with cognitive disorders and social issues through various psychological tools & batteries, early diagnosis & better therapies, intervention technologies and rehabilitation programmes.

### **Objectives-**

It is aimed to revolutionize research in various fields, such as:

- Nature and origins of mental disorders, of physiological, social and neuro-chemical origins.
- Design of better learning tools and educational paradigms.
- Design of better software technologies and artificial intelligence devices.
- Streamlining of social policy formulation and analysis.