

# INTERNATIONAL SYMPOSIUM ON MANA: SVASTHYA

*where ancient wisdom of Indian Knowledge  
Systems meet modern mental wellness*



Saranya Campus,  
Navakkarai, Coimbatore



04 - 06 JULY, 2025



**Organized by:** Aashirwad Health & Education Trust



**Knowledge Partner:** Brhat



# INTRODUCTION

We are currently facing what Sri Aurobindo describes as an evolutionary crisis. This is not merely a crisis of the body or mind, but a deeper existential and spiritual fragmentation. The global collapse in mental well-being is one such outcome of this larger disruption. Unfortunately, this has led to mental health becoming synonymous with mental disorders only. A quick online search on "mental health" primarily yields a catalogue of psychological illnesses such as depression, stress, anxiety, and loneliness. Ironically, in an era where we can connect with the whole world in a single click, loneliness is widespread. This means that too much abundance creates scarcity.

And to fulfil this scarcity, the West has proposed models like PERMA (Positive Emotions, Engagement, Relationships, Meaning, Accomplishment) designed by Martin Seligman, and others like Tal Ben-Shahar from Harvard have offered popular courses on happiness, introducing the SPIRE model—emphasizing Spiritual, Physical, Intellectual, Relational, and Emotional well-being. Though quite holistic compared to earlier Psychology models, there are some missing dots that Ayurveda can connect to make them integral.

On the other hand, in India we saw overall well being as a sign of good health through the lens of the Ayurveda - the ancient Indian treatise on both physical, mental, psychological and spiritual well being. **Ayurveda**, upaveda of Atharvaveda, which is also called Mano Veda or Atma Veda, offers an integrated view of health that **encompasses body (sharira), mind (mana:) and Consciousness (atman).**

With the thought of re-evaluating the current definition and praxis of mental health, we propose a 3-day Symposium on Mana: Svasthya. The aim of this **'Mana: Svasthya Symposium'** is prospecting on how to research, revive and re-implement the Ayurvedic practices of mental health into the modern context. We will delve into the Indian Knowledge Systems (IKS) to explore concepts from **classical texts of Ayurveda** and their implementation in the field of Psychology.



## OBJECTIVES

- Identify the gaps in current mental health discourse and psychological practices.
- Explore the applications of India's ancient Mana: Svasthya framework in today's times.
- Recognize and compound rigorous scholarship in Ayurvedic Mana: Svasthya.
- Provide a forum for academics, researchers, and practitioners to engage in deep intellectual dialogue.
- Encourage academic research and publications in the field.
- Cultivate a new generation of scholars in Ayurvedic Mana: Svasthya and aid networking with senior mentors.



## TAKE AWAYS

- Deep knowledge of Mana: Svasthya as a concept
- Application of Ayurvedic knowledge in daily living
- Ayurvedic framework for mental health professionals
- Clarity on global challenges and role of Ayurveda
- Enhance the skills of coaching and counseling based on Sattvavajaya Chikitsa



## TARGET AUDIENCE

- Ayurveda- PG & PhD students, interns, faculty of maanas roga
- Psychology- PG & PhD students, faculty of psychology & Indian psychology
- Counsellors, therapists, life coaches
- Yoga teachers and enthusiasts



## PROGRAM SCHEDULE

<b>4 JULY '25</b> <b>Friday</b>	<ul style="list-style-type: none"> <li>• <b>Session 1: Panel Discussion</b> - Current challenges in Mental Health, the advent of Positive Psychology in the West. Decolonization of Ayurveda. Modern day challenges at the individual, society, colleges, corporations, and National levels.</li> <li>• <b>Session 2: Panel Discussion</b> - The role of sharira-mana-indriya-atma and idea of daivavipashraya in Mana: Svasthya</li> <li>• <b>Session 3: Group work</b> and participants' presentations on Hitayu-Sukhayu as an Ayurvedic Framework for Wellbeing and Happiness</li> <li>• Evening satsang music and yoga for Mana: Svasthya.</li> </ul>
<b>5 JULY '25</b> <b>Saturday</b>	<ul style="list-style-type: none"> <li>• Satsang with Dr. Robert Svoboda</li> <li>• <b>Session 1: Panel discussion</b> - Nature and functions of Mana: in health and psychosomatic wellness. Role of bala, prana, tejas and ojas, dhih, dhriti, smriti and avoiding pragna aparadha.</li> <li>• <b>Session 2: Panel discussion</b> - Emotional Intelligence and Ayurveda- Triguna based approach to Emotional Intelligence. Role of Heart in Psychosomatic Wellness- Charak Samhita.</li> <li>• <b>Session 3:</b> Music and Mana: Svasthya</li> <li>• <b>Session 4:</b> Theoretical background and case studies on Sattvavajaya. Experience sharing.</li> </ul>
<b>6 JULY '25</b> <b>Sunday</b>	<ul style="list-style-type: none"> <li>• Satsang with Dr. Claudia Welch</li> <li>• <b>Session 1: Skill building</b> - How to practice Sattvavajaya Chikitsa for preventive and proactive mental health? Guidance for counselling practice.</li> <li>• <b>Session 2:</b> Hands-on counselling practice sessions</li> </ul>



## OUR SPEAKERS



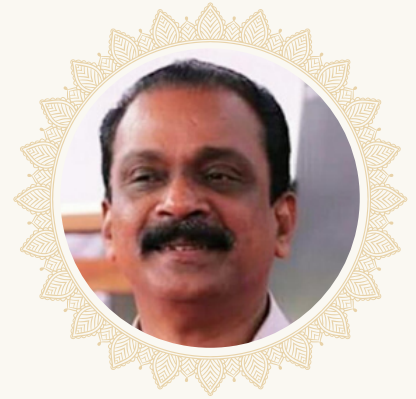
**Vd. Indulal. U**

Director, Akami Foundation,  
Angamali, Kerala



**Prof. Mala Kapadia**

Director, Anaadi Centre for  
Indigenous Knowledge,  
Chairperson, Mana: Svasthya



**Vd. T. S. Krishna Kumar**

Guru, RAV, Former Prof.,  
Department of Agada Tantra, MVR  
Ayurveda Medical College, Kannur



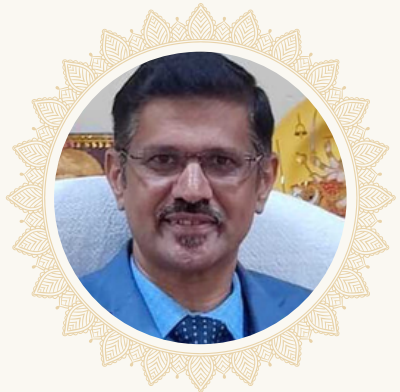
**Dr. Robert Svoboda**

Ayurvedic physician and author of  
twelve books on the sciences of India



**Dr. Claudia Welch**

Author, Doctor of Oriental  
Medicine, Ayurvedic practitioner and  
international speaker



**Vd. Suhas Kumar Shetty**

Principal and Medical Director, KAHER's  
Shri BM Kankanawadi Ayurveda  
Mahavidyalaya, Belagavi



**Vd. M. Prasad**

Guru, RAV, Director, Sunethri  
Ayurvedashramam, Thrissur



**Vd. A. R. V. Murthy**

Professor Emeritus  
DIRECTOR (Academics & Research),  
AAMCRI, Gandhinagar GUJ



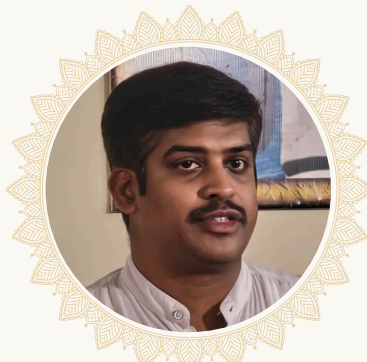
**Vd. Shreevatsa**

HOD & Professor, Dept. of Ayurveda  
Samhita & Siddhanta, Govt. Ayurveda  
Medical College, Mysuru



**Vd. Abhijeet Saraf**

Professor, Department of Samhita & Siddhanta, Shree Saptashrungi Ayurved College, Nashik



**Vd. Arhanth Kumar**

Associate Professor, P.G. Department of Samhita & Siddhanta, SDM Udupi



**Shri. Raghava Krishna**

Founder, Bṛhat



**Vd. Raviprasad Hegde**

HOD and Ass. Prof. in the dept. of Ayurveda Psychiatry at Alva's Ayurveda Medical college,



**Vd. Rishi Manivannan**

48th Descendent, Atri Maharishi Siddha Lineage. Scientist & Researcher



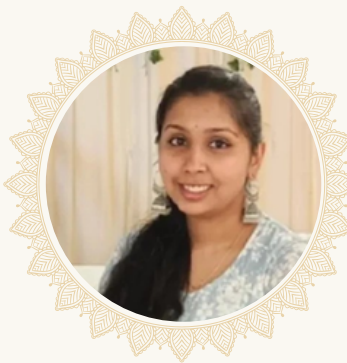
**Shri. Ajay Chaturvedi**

Professor Strategy at IIM R, Civilisational Futurist, Vedaṅga Jyotiṣa Paṇḍitā, Entrepreneur, Author & Philosopher



**Dr. Arjun Chand C.P.**

Associate Professor, Pankajakasthuri Ayurveda Medical College and PG Centre, Thiruvananthapuram



**Dr. Divya. T**

MD Scholar, Mano Vijnana evam Maanasa Roga, Dept. of Integrative Medicine, NIMHANS



**Vd. Shubham Kulkarni**

Specialist In Mental Health Care & Palliative care through Ayurveda & Music Therapy



## REGISTRATION DETAILS

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Students	INR 4,000
Faculties & Practitioners	INR 5,000
Foreign Participants	USD 150

***Contact us for group discounts***

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### INCLUSIONS

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Modest shared accommodation and sattvic vegetarian food  
(3 meals + 2 refreshments) for all 3 days.

***Please Note:*** You are requested to make your own travel arrangements

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### MAKE PAYMENTS TO

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**Bank Account:** Aashirwad Health & Education Trust.

Account No: 38166531328

**Bank Name:** State Bank of India, Navakkarai, Coimbatore

**IFS Code No:** SBIN0015763

**UPI:** AASHIRWADHEALTH@SBI

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### REGISTRATION

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STEP 1: Make payment

STEP 2: Register at  
“<https://tinyurl.com/manaswasthya>”





## CONTACT DETAILS

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