Cognitive Science Research Initiative and SATYAM-Yoga

Part of: GS-III- S&T - Health (PT-MAINS-PERSONALITY TEST)

Recently, the Department of Science and Technology (DST) has initiated the Science and Technology of Yoga and Meditation (SATYAM) programme. Under SATYAM, DST has invited proposals to study appropriate intervention of yoga and meditation in fighting Covid-19 and similar kinds of viruses.

Aim:

To provide assistance to society in today’s critical condition arising due to pandemic Covid-19.

This is a need-based call, therefore, proposed work should be completed within 6-12 months.

- **Dimensions of Covid:** Covid-19 usually has three dimensions, related to:
  - Stress (worry, sitting at home).
  - Respiratory.
  - Immune system.

- **Scientific Investigation:** The effects of yoga and meditation on the life of a person during such stressful times have to be scientifically investigated.
  - Sometimes, there is an empirical correlation in the actions and the outcome, but it needs to be understood scientifically.

- **Modern Tools:** All the participants are expected to work together using the modern tools of life science and bio-sciences to understand what works and what does not.
  - If something works then what is the efficacy and in what conditions does it work.

- **Holistic Target:** The project may address improving immunity, improving respiratory systems and interventions to overcome respiratory disorders and other dimensions like stress, anxiety and depression-related issues due to isolation, uncertainty and disruption in normal life.

Science and Technology of Yoga and Meditation Programme

- It was conceptualized in 2015 by the DST under its Cognitive Science Research Initiative (CSRI).
- **Aims:** 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.
- **Themes:**
  - 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.
- **Eligibility:**
  - Scientists/academicians with research background in ‘Yoga and Meditation’ and having regular positions are invited to participate in this initiative.
  - Practitioners actively involved in yoga and meditation practices are also
Cognitive Science Research Initiative

- DST initiated this as a highly focused programme in 2008 during the 11th Five year plan.
- The DSRI facilitates a platform to the scientific community to work for better solutions of challenges related with cognitive disorders and social issues through various psychological tools & batteries, early diagnosis & better therapies, intervention technologies and rehabilitation programmes.
- **Aim:**
  - To foster scientific research in the interdisciplinary field of Cognitive Science for better understanding of Indian mind sets, languages and cognitive disorders etc.
  - **CSRI revolutionizes 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 paradigm.
    - Design of better software technologies and artificial intelligence devices.
    - Streamlining of social policy formulation and analysis.
- **Activities Supported under CSRI:**
  - Individual R&D Projects.
  - Multi-centric Mega Projects.
  - Post Doctoral Fellowship.
  - Support for Schools, Training, Workshops, Conferences, etc.