



“Meditation as a tool for transfer of idea to patent to product: A case study from Panjab University”



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BENEFITS AND BARRIERS OF YOGA RESEARCH TRENDS AND CHALLENGES

Organized by – Postgraduate Institute of Medical Education and Research (PGIMER),

Chandigarh

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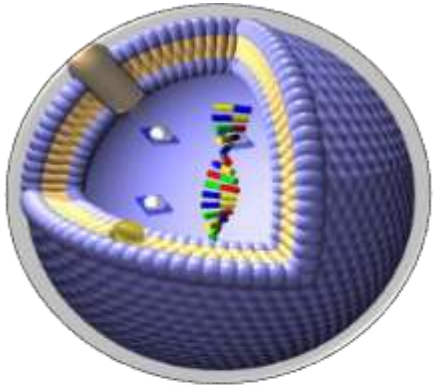
Professor O. P. Katare

University Institute of Pharmaceutical Sciences

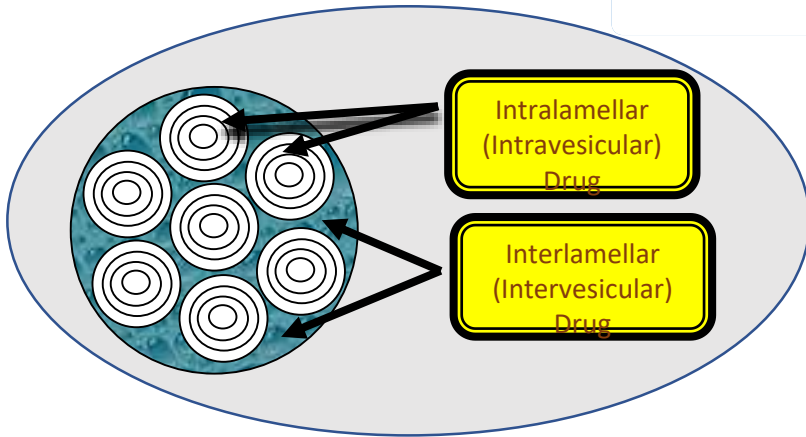
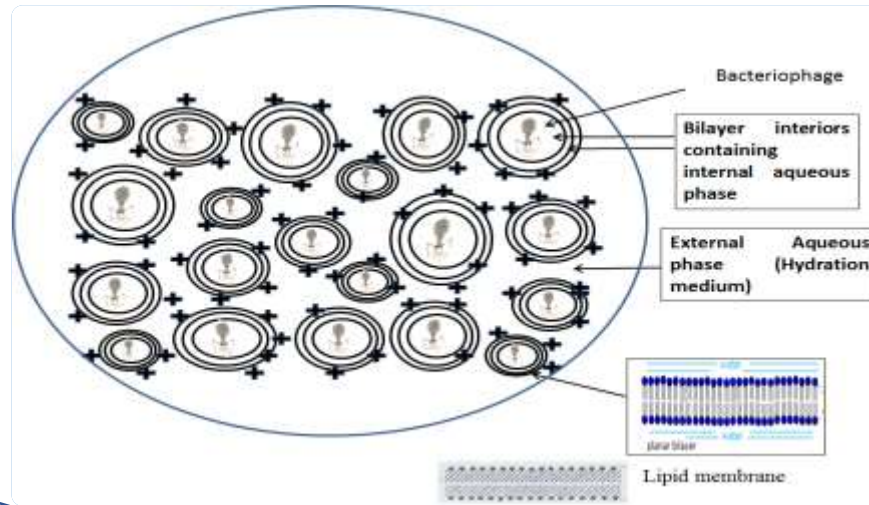
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Pic-at-a Glance

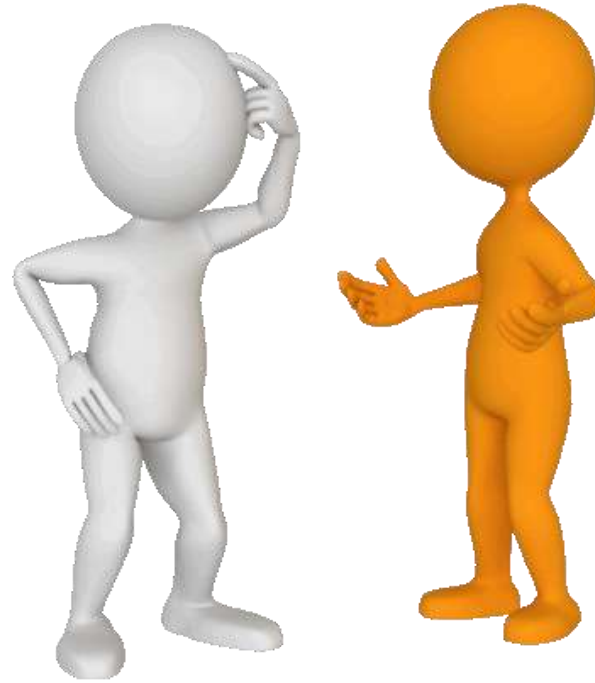


IDEA



PRODUCTS

RESEARCHERS QUEST...

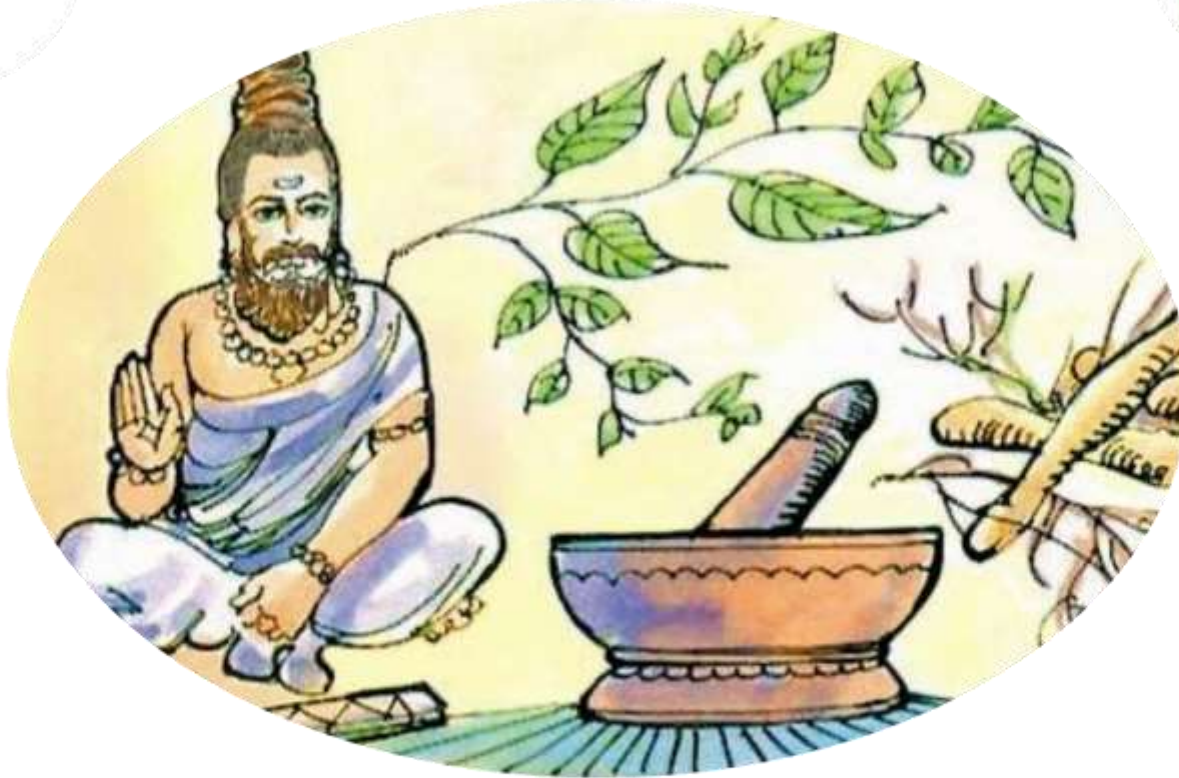


खोजी बने

CHARKONIAN NANO AND ECO SYSTEM IN SEARCH OF EXCELLENCE

AND

आत्म निर्भर भारत



अल्पस्यापि महार्थत्वं प्रभूत स्याल्पक मर्ताम्
कुर्यात् संयोग विश्लेषकाल संस्कार युक्तिभिः !!

चरक संहिता

POTENCY OF
THOUGHTS LIE IN ITS
SUBTLENESS...
MAHATMA GANDHI

Can we pick a needle by
using a crane?





MIND RHEOLOGY- flow science

TURBULENT FLOW



Reynolds number > 4000



LAMINAR FLOW



Reynolds number < 2100

****Thinking needs uninterrupted current of thoughts****

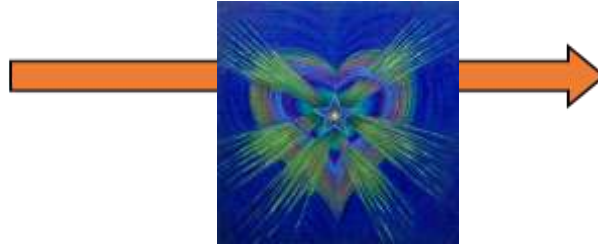
From Slavery to Mastery



Disorder State

Fragmented mind

Heart Based Meditation



MEDITATION is the MANTRA

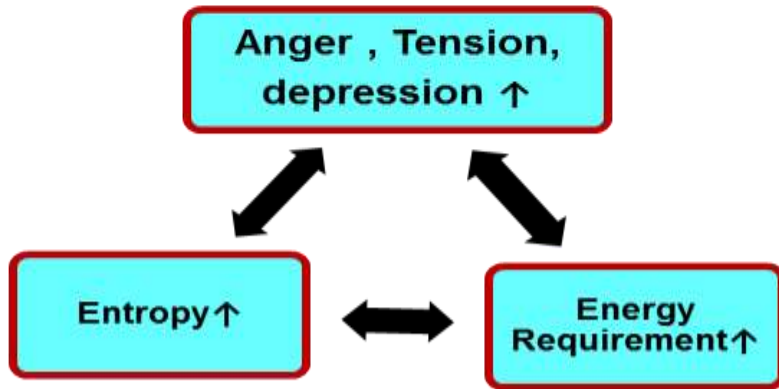


Ordered State

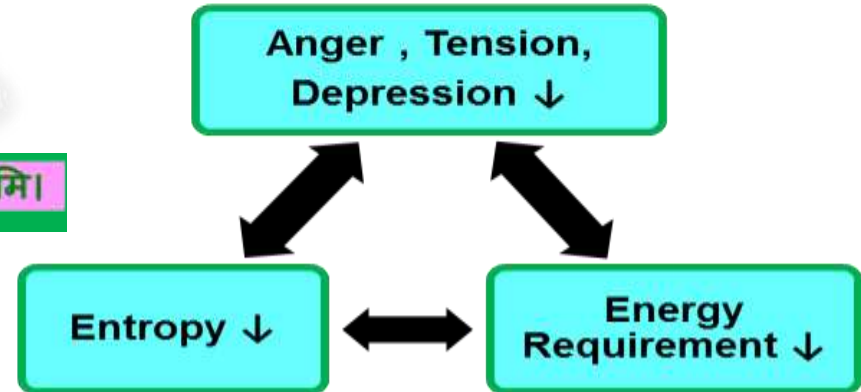
Focused mind



बुद्धं शरणं गच्छामि।

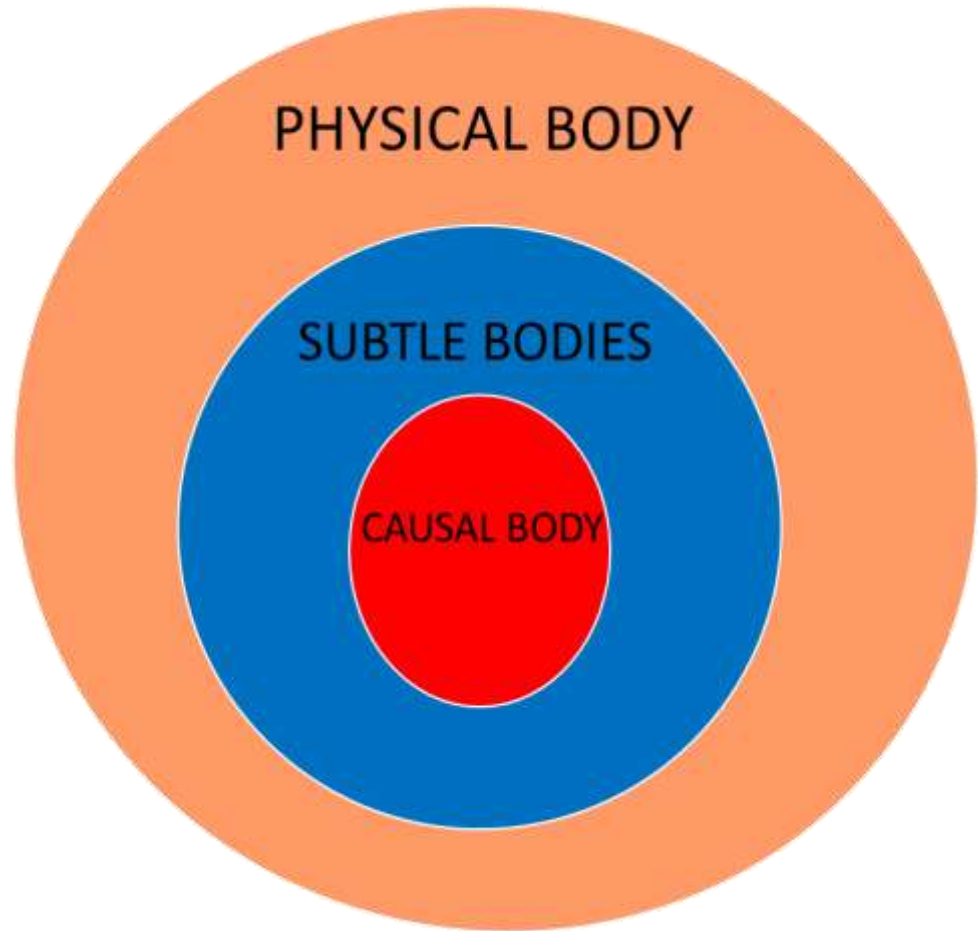


Mental Efficiency Index (MEI) ↓

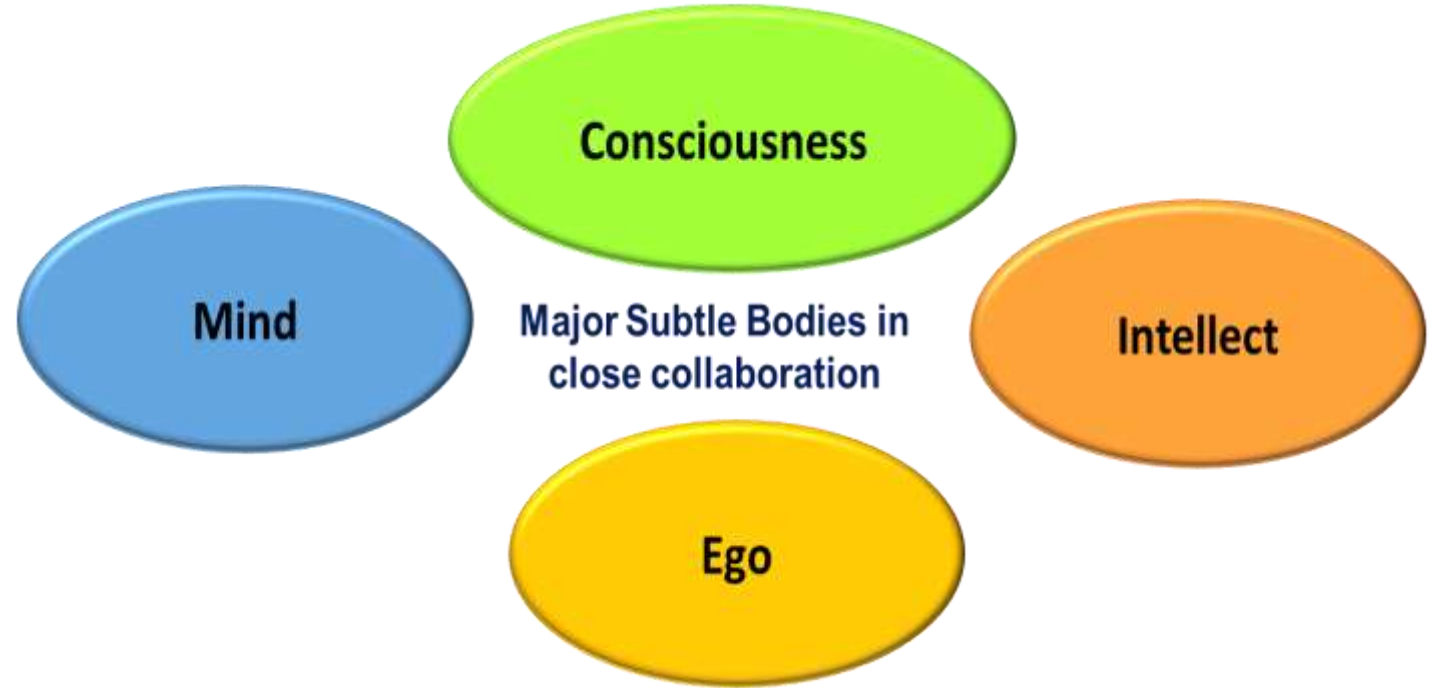


Mental Efficiency Index (MEI) ↑

OUR YOGA PHILOSOPHY IN PATANJALI SUTRA



SUBTLE BODIES



In disturbed State



Multiplicity in Personality
Leadership, Excellence, Potential Down

THE HEART-BASED MIND TRAINING TECHNIQUES



RELAXATION

Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps you to stay balanced even in stressful situations.



MEDITATION

With regular Heartfulness Meditation, your mind will become centered and shift to deeper levels of feeling, intuition and consciousness.



CLEANING

Cleaning fosters lightness of being, joy and a carefree attitude, as emotional burdens, habits, deep conditioning and complexities are removed.

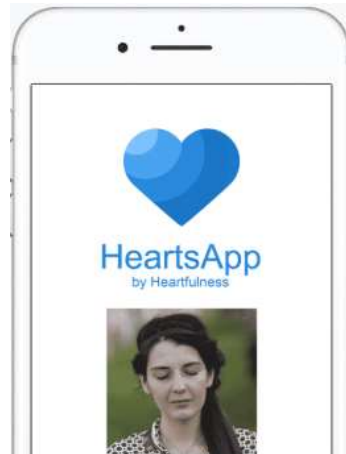


INNER CONNECT

Through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart's voice, and weave your destiny.

COST-FREE

LET'S MEDITATE IS NOW : Heartsapp!





In Thanks....

