



## SATYAM: Yoga Against Viruses

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### Why in News

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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.

### Key Points

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- **Objective:** DST is encouraging scientists, clinicians and experienced practitioners of yoga and meditation, with a proven track record, to **submit concept notes on the proposal covering:**
  - Aims and objectives of proposed work.
  - Existing literature.
  - Methodology.
  - Expected outcome.
  - Budget requirement.
  - Details of host institutions along with detailed bio-data of the principal investigator with latest publications included in scientific journal databases.
- **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

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- 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 encouraged to apply in collaboration with academic and research institutions of repute.
- **Project Duration:** The project is tenable for a maximum period of **three years**.

## Cognitive Science Research Initiative

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- DST initiated this as a **highly focused programme in 2008** during the **11<sup>th</sup> 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.

**Source: TH**