Haldi or turmeric has a special place in Indian cuisine and culture. It is used for our cooking and in poojas. It has been shown to have so many benefits which science is discovering now. Here are some of the hidden benefits of haldi for your brain.

Haldi or turmeric has an active compound called curcumin, which can cross our blood brain barrier. That means it can directly enter our brain. In research studies, curcumin has been shown to increase BDNF a chemical in the brain called Brain Derived Neurotropic Factor which promotes cell growth in the brain. For many years, Neuroscientists thought that once we reach a certain age our brain cells do not replenish and as we age our brain dies a slow death. But now science is discovering that we can generate as many as 700 new cells in the brain per day and Haldi or turmeric can help us do that. turmeric also shown to increase dopamine and serotonin which are happy molecules in our brain. They make us happy and improve our quality of life. So go ahead add haldi in your diet. One thing to remember though unfortunately, the curcumin in haldi will not get absorbed in the blood and that is why it is good to add a pinch of pepper when you eat haldi. Black pepper contains a compound called piperine that increases the absorption of curcumine in blood by 2000 %. So must add black pepper when you eat haldi. So go ahead, to have a healthy brain, eat some haldi.

Click here to watch the video

Here is how to have a Haldi (Healthy) Brain!

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Highlights of the International Conference on Global Ancient Knowledge Systems 2021

Day 1: Ancient solutions for Modern Health Challenges

Inaugural Session 16th February, 2021

**Panel discussion:**
Moderated by
Dr. Somya Ramrakhyani

**Panelists:**
- Dr. Puneet Sood Director at National Institute of Fashion Technology Kannur, Kerala
- Dr. Con Stough Director, Swinburne Centre for Neuropsychology, Australia
- Dr. Mythily Subramaniam Director of the Research Division and Lead Investigator of the Programme of Mental Health Policy Studies at the Institute of Mental Health (IMH), Singapore
- Dr. Dara Gahahremani Faculty, UCLA Cannabis Research Initiative, University of California, LA

This session, included scholars as well as specialist trainers who work with children, deliberated upon how the current problems can be addressed, and presented solutions that are available in ancient knowledge systems as well as healthy practices that can be usefully taught to the younger age groups to mitigate negative influences such that health and wellbeing are achieved.

**Planery / Inaugural Session:**
Moderated by
Ms. Divya Kanchibothla Executive Director, Sri Sri Institute for Advanced Research

**Key Note Speakers included:**
- Dr. Vijay Chauthaiwale In-Charge, Foreign Affairs Department, Bharatiya Janata Party, India.
- Dr. Naresh Trehan Chairman and Managing Director, Medanta, India
- Dr. Selvamurthy President, Amity STI Foundation, India

Inspired by Gurudev Sri Sri Ravi Shankar, this conference represented an effort at reassessing the relevance of GAKS at a time when the world is suffering from a multiplicity of problems, and delving into GAKS to seek possible solutions to the global challenges facing humanity today.
The world that our parents knew is not the world our children know: what with innovative devices, novel ideas of ‘glocalization,’ an ‘online’ world, we have been forced to re-imagine the world we live in. Whether education or work or parenting or caring for the elderly, every aspect of life today has undergone a metamorphosis that needs us to adapt or fall by the wayside. In such times, where can we turn for alleviation? What is it that can help us successfully deal with uncertainties and overcome our apprehensions? The knowledge and wisdom of ancient peoples hold many solutions, as the Keynote speakers for this session elaborated.

**Dr. Virendra Kumar Tewari**
**Director, IIT Kharagpur, India**
Spoke about the challenges in the education of students at all levels pre-primary, primary, high School and higher education in the light of Indian Knowledge Systems.

**Dr. Sat Bir Singh Khalsa**
**Asst. Professor, Harvard Medical School, USA**
Spoke on the benefits of making yoga an integral part of an individual's life and leading in turn to a healthy society.

**Dr. Alex Hankey**
**Sr. Vaidic Researcher and Theoretical Physicist, India**
Spoke on Jyotisha, its correlation and verification through microbiology.

**Smt. Bhanumathi Narasimhan**, **Director, Women Empowerment and Child Care Programs, The Art of Living**
Shared a wealth of knowledge of how our ancient knowledge systems help navigate modern-day parenting.

**Dr. Shrinivasa Varakhedi**, **Vice Chancellor, Kalidasa Sanskrit University, India**
Spoke on Runah (ऋ ण   ा) binding principle of discrete world, and how people in ancient times have used the commitment of the individual for superior development and the well being of the society.

**Dr. Dharm Bhawuk**, **Professor of Management Studies, University of Hawaii, Maona, USA**
Spoke on the Bhagawad Gita and leadership principles.
“You are what you eat” – this common saying remarks on the linkage of food and health. In this master class on the basics of Holistic cooking, Kaushani Desai took the participants through the details of various kinds of food, touching upon their basic properties, and their impact on the body. Cooking tips included how to ensure that maximum nutritive value in the food is retained while cooking. The participants also learnt about right and wrong food combinations – which foods complement each other, and which work against one another!

Permaculture is a term that is a combination of ‘permanent’ and ‘agriculture’, which is rooted in indigenous cultures. It is a sustainable way of growing food. It is a chemical-free, no-waste, ethical manner of utilizing the available resources, where the earth is respected and cared for. Permaculture fosters symbiotic relationships that enable a rich diversity of flora and fauna to coexist. Mr. Binay Kumar familiarized the participants with some of the core concepts of permaculture in this master class.

The ‘First Nations’ of Australia include the Aboriginal people and the Torres Strait Islanders who inhabited the continent long before the Europeans arrived, long before the continent was named ‘Australia’! First Nations cultures are a varied group, in that more than 250 indigenous languages are spoken, yet there is the common thread of connection among them: they are based, like most native cultures, on relationships with one another, with the Great Spirit, and with the Earth. This masterclass brought us some of the stories and wisdom of the people of the First Nations.

“Trupti Doshi, architect and integrated sustainability engineer from Auroville, believes that “Buildings are meant to complement their environment, not compete with it.” Through this masterclass, she shared her experience in ecological design, eco-friendly materials, building technologies, energy efficiency, waste management, thermal comfort, use of renewables and other sustainable ideas to demonstrate how living spaces can be made environment-friendly. It is her belief that we need to learn to respect the earth and live in harmony with ourselves and each other.
31 Abstracts were presented

Themes of abstract presentation

1. Indigenous Knowledge for Healthy Women and Children
   Chaired by Dr. Panos Vostanis, Professor of Child Mental Health, University of Leicester, UK

2. Ancient Wisdom for Increasing Happiness and Quality of Sleep in a Modern World - Chaired by Dr. Robert Sloan, Faculty of Medicine, Kagoshima University, Japan

3. Role of Ancient Practices in Enhancing Gut Health
   Chaired by Dr. Neeraj Nagaich, Gastroenterologist, Fortis Escorts, Jaipur, India

4. Indian Knowledge Systems and Their Application in Modern Life
   Chaired by Dr. Ashish Pandey, Associate Professor, IIT Mumbai, India and Dr. Nisha Pandey, Associate Professor, IIT Mumbai, India

5. Ancient Strategies for Environmental Conservation
   Chaired by Dr. Jaysree Vaidyanathan, Scientist at National Institute for Advanced Studies, IISc., India
DID YOU KNOW?
What happens in our body in a minute?

600 million bits of visual data processed

700 million DNA mutations occur

Nearly 2 trillion neurons are fired

7 million new white blood cells produced

30,000 skin cells are shed
COVID-19 was declared a pandemic by the World Health Organization. The pandemic caused a lot of distress and mental issues among individuals. An online self-protected survey was conducted by Sri Sri Institute for Advanced Research on mental health, anxiety and depression scores among SKY and non-SKY practitioners. The results of this study indicated that practice of yogic breathing improves mental stability and health during times of crisis.

**RESPONSES WERE COMPARED BETWEEN TWO GROUPS**

<table>
<thead>
<tr>
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<th>SKY Practitioners</th>
<th>Non-SKY Practitioners</th>
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<tbody>
<tr>
<td><strong>956</strong></td>
<td>554</td>
<td>402</td>
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<tr>
<td>A total of 956 responses were obtained.</td>
<td>Sudarshan Kriya Yoga Practitioners.</td>
<td>Non- Sudarshan Kriya Yoga Practitioners</td>
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**STUDY FINDINGS**

Self Reported Mental Health

40.6% SKY practitioners reported negative change in their mental health compared to 56.21% of non-SKY practitioners.

Anxiety Symptoms during Pandemic

Only 17.7% SKY practitioners experienced anxiety due to the pandemic compared to 33% of non-SKY practitioners.
Yama and Niyamas - Relevance of Vedic Knowledge Systems in Modern Life
In conversation with Dinesh Kashikar
Jan 26, 2021

Creating Happy Empowered Young Leaders
A Conversation between Annelies Richmond, Dr, Somya Ramrakhyani and Divya Kanchibothla Feb 2, 2021

Global Ancient Knowledge Systems
A new paradigm of thinking!
Join us Live: January 5 | 9 PM IST
@theartoflivingresearch
@divya.kanchibothla

Youth Mental Health: Role of Ancient Knowledge Systems
Jan 12, 2021

Role of Global Ancient Knowledge Systems in a Modern World - A Conversation between eminent women scientists and Gurudev Sri Sri Ravi Shankar - Feb 11, 2021

From Medication to Meditation
A conversation between two sisters
Jan 19, 2021