

IISCIM



SCIENTIFIC MEDITATION NESM™ FOR BRAIN POWER & STRESS RELIEF

FREE WORKSHOP

18th February 2017

2:00PM - 6:00PM

**Seminar Hall, 1st Floor
Science City, Kolkata**



**To confirm your seat, please
register before 12th February**

**Gain Focus, Concentration and Memory
Reduce Stress & Improve Work Efficiency
Improve Health, Clarity and Peace of Mind**



**Organised by
International Institute of Scientific Meditation
www.IISCIM.ORG**

**Please register online at: WWW.IISCIM.ORG
OR by email at: admin@iiscim.org OR Call: 9073143504**

SCIENTIFIC MEDITATION FOR BRAIN POWER & STRESS RELIEF



1st Floor, Seminar Hall, Science City, Kolkata - 700046

Program: 18th February, 2017 2:00 to 6:00PM

Time	Program	Speaker
2:00-2:15	Registration & Reception	
2:15- 2:30	Welcome Speech	Ms. Banani Ray
2:30- 3:00	Introduction: Meditation as Science	Dr. Saurabh Kole
3:00- 3:20	Keynote Speech: Scientific Meditation and Stress Resilience	Dr. Amit Ray
3:20- 3:45	Scientific Meditation: Basics of NESM™ Technique - Level - I	Ms. Banani Ray
3:45- 4:30	Practice of NESM™ Level - I Scientific Meditation – Basic Practice	Ms. Banani Ray
4:30- 4:45	Tea/Coffee/Snacks break	
4:45- 5:00	Scientific Meditation for Brain Power & Brain Fitness	Dr. Amit Ray
5:00- 5:15	Scientific Meditation for Cardiovascular health benefits	Dr. Sourabh Kole
5:15- 5:30	NESM™ Scientific Meditation for Hormonal Balance and Stress Relief	Ms. Banani Ray
5:30- 5:45	Practice of NESM™ -Short Version- Daily Practice for Busy People	Ms. Banani Ray
5:45- 6:00	Q&A Session and Closing	

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Speakers



Banani Ray is an enlightened teacher in the ancient Himalayan wisdom tradition. An acclaimed international author of several books on meditation and infinite human potential, she has founded the NESM™ technique and has a wide following of students in many countries. She explored meditation in a scientific manner, and she has worked to de-mystify spirituality, and de-link meditation and spirituality from religion. She is the Course Director and the inspiration behind IISCIM. She is also an editor of the Journal of Meditation, Positive Psychology and Cognitive Intelligence.



Dr. Amit Ray is an internationally acclaimed philanthropist, and meditation master and author of several books on meditation. He is known to the world for his teachings on meditation, yoga, peace and compassion. He is best known for his Mindfulness Meditation and Integrated Yoga and Vipassana Meditation techniques. He has a Ph.D from IIT, Kharagpur in Computational Neuroscience and he worked as a scientist before he started his experiment with meditation. He is the founder & President of IISCIM.



Dr. Saurabh Kole, Cardiologist, Belle Vue Clinic, Kolkata, is the In-charge of Intensive and Critical Care Unit and also the In-charge of the Department of Emergency Medicine at the Belle Vue Clinic. He is known for his philanthropic activities like leading a medical team after the devastating Earthquake at Gujarat, and Nepal, helping the team of physicians in the Tsunami affected Andaman, the cyclone-hit Myanmar and the flood ravaged Uttarakhand. A long time meditator, Dr. Kole is the co-founder and Vice-President of IISCIM.

NESM Workshop:

The workshop will teach an unique meditation technique called **Neuro-EpiGenetic Scientific Meditation (NESM)™**, which is an easy-to-practice and effective integrated scientific meditation technique developed by Banani Ray and Dr. Amit Ray that was evolved from their long experience in meditation practices, teaching and scientific study on the subject.

The technique combines time-tested ancient techniques along with modern science-backed practices that are proven for developing grey matter in the brain, improving focus, concentration and memory, and resist the shortening of telomeres in your gene which enhances health and longevity.

International Institute of Scientific Meditation



Information

IISCIM has been set up to promote meditation as a scientific discipline.

Scientific Meditation is meditation beyond boundary - Meditation beyond religion, rituals, worship, Prophets and Guru-ism. Scientific meditation is meditation beyond race, cult, philosophical doctrines, spiritual beliefs and spiritual organizations.

Scientific meditation is exploration and enhancement of your inner potentials through techniques- ancient and modern, which are backed by scientific studies and research. Scientific meditation is empowering, because it helps you to know yourself better and enhance your potentials, health and efficiency.

This workshop will provide a basic idea about the Neuro-Epigenetic Scientific Meditation (NESM) - Level - I with practices.

Benefits of Neuro Epigenetic Scientific Meditation:

- Brain Cell Regeneration
- Gene Behavior Optimization
- Better Head-Heart-Hand Coordination
- Stress Reduction,
- Increased Productivity
- Greater Health and Wellness
- Enhanced Cognition and Alertness
- Greater Peace and Clarity of Mind
- Better Focus, Concentration and Memory
- Enhanced Creativity and Efficiency
- Speed Learning
- Positive Attitude and Confidence Building

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