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Brief Introduction

The broad area of my research work is 'consciousness studies', and the specific focus is the experiential self. I try and focus in all my studies (i) the implications of experience, (ii) the place of emotions, self-identity and self-transformation, and (iii) the possible interdisciplinary dialogues that promote psychological health and deeper well-being.

Since my doctoral studies I have been closely following the area of consciousness studies and the interdisciplinary dialogues that are neurological, psychological and philosophical in nature. I try to examine the role of subjectivity and subjective experience to defend an irreducible core-self that underlies consciousness. I have been particularly looking at the importance of the 'experiencer', which I term as the 'harder problem of consciousness' to understand the intractable relationship between physical mechanisms and subjective experiences. The final frontiers of consciousness are the brain and the self. As we know today, the brain is not an isolated biological organ, but a self-challenged brain, by its very existence and sustenance. Conversely, we concur that the self cannot be a completely abstract entity that reveals only through experience, but is to be seen as a brain-challenged self. Hence, better methodologies to understand consciousness will have to emerge from positing the brain-challenged self and the self-challenged brain (Menon, 2014) as the heart of the problem, and not viewing the brain and the self in isolation.

My work for the last five years suggests that the qualitative nature of consciousness is best understood by examining the brain-self interrelations and the challenges that the brain and self give each other. In this process, the methodologies to understand the outer body-sense and cognitive capabilities are insufficient to understand the inner self and its experiential quality (Menon, 2016).

Major Research Areas

- a. Distinguishing Self-sense from Body-sense and the Core Self
- b. Situating Consciousness within Interdisciplinary discussions on Culture
- c. Self, Character and Psychological wellbeing
- d. Body, Self and Medical Humanities
- e. Indigenous Philosophies and Healing traditions
- f. Philosophy of Psychology
- g. Aesthetics

SIGNIFICANT IMPACT:

- Presented the self-sense as a distinct sense and central in understanding consciousness, and Contributed to the connected relation between self, consciousness and wellbeing, with the help of publications, public lectures, social media, networking, and outreach visits.
- Developed three emerging sub-disciplines:
 - a. Philosophy of Psychology and Psychiatry
 - b. Self in Consciousness Studies
 - c. Indigenous philosophies and Wellbeing studies
- Mentored, and generated a wide spread interest among, collaborators and doctoral students of NIAS Consciousness Studies Programme to conceive original and creative research frameworks to study consciousness from metaphysical, cognitive, psychological and philosophical perspectives.

- Generated funding for the studies and its outreach through projects from funding agencies such as The Tata Education Trust.
- The paper published in “International Review of Psychiatry” on Yoga and Self-reflection along with the collaborator from NIMHANS has helped me bring in international attention on my long standing interest in Self-related psychological processes.
- The Invite to give the 2017 Annual Science-Theosophy Honour Lecture at the International Convention at the Theosophical Society, Adyar, and speak to over 800 people, helped bring in outreach for the interdisciplinary, deeply experiential and unitary nature of consciousness.
- Published 3 Books with international outreach. The most recent Edited Book has been published by Springer NATURE, Singapore Pvt Ltd. in February 2018 – “Self, Consciousness and Culture: Interdisciplinary Convergences on Knowing and Being”, Editors: Sangeetha Menon, Nithin Nagaraj and Binoy VV
- The NIAS Consciousness Studies Programme has an interdisciplinary Team today with mentoring at various levels of leadership and performance, and also connect with international groups.

My research work in the past five years has contributed to the following five major areas for the *Consciousness Studies Programme* at NIAS, and is evidenced by the enlisted publications, collaborative works, seminars and conference lectures.

- A. Distinguishing Self-sense from Body-sense and the Core Self
- B. Situating Consciousness within Interdisciplinary discussions on Culture and Self
- C. Self, Character and Psychological wellbeing
- D. Body, Self and Medical Humanities
- E. Indigenous Philosophies and Healing traditions

A. Distinguishing Self-sense from Body-sense and the Core Self

i. Unity, continuity, and adherence of our experience

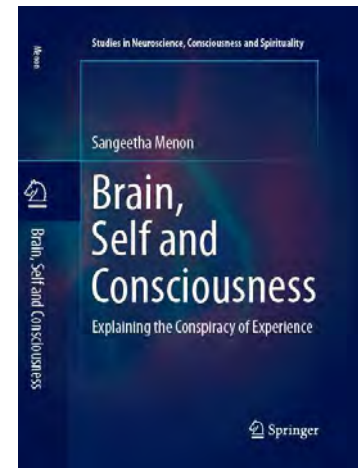
We begin with the theory that the brain creates the self. But then at some point the self starts influencing the brain. There is a reverse influence violating the classical causal route. The self-in-the-brain and brain-in-the-self influence each other to create adaptability for new scenarios. With self-effort brain creates new neural networks. With new learning one receives hope that further encourages brain functions. Can we presume that it is the core-self which makes the effort, whose brain is influenced by hope, who tells the brain to change and adapt? Do we experience, or have access to a core-self, which is not related to the self that is assembled by and filtered through the brain? Can I have a self despite my brain and my embodiment? In current trends in cognitive sciences, the discussion on body crosses the classical divide between the body and the self in terms of nature and function. Embodiment theories have helped to bring in the importance of the role of subjective experiences to understand cognition and place the process of knowing in a cultural and social context. Though the apparent goal is to highlight the inner qualitative nature of experience, what is happening in the background is a role reversal. The outer body becomes the inner self. The inner self becomes the outer body. The nature and functions of the self are founded on the body by theorizing embodiment as an alternate to neural reductionism. One of the negative

consequences of embodiment theories is that age-old concepts of freewill, character and moral choices become flimsy and fleeting in the process of embodying cognition.

OUTCOMES

Publications:

- Menon, 2014. ***Brain, Self and Consciousness: Explaining the conspiracy of experience***, Springer Science & Business Media.
- Menon, 2016. ***The ‘Outer Self’ and the ‘Inner Body’: Exteriorization of the Self in Cognitive Sciences***. Journal of Human Values, January 2016 22: 39-45, doi:10.1177/0971685815608062
- Menon, 2017. ***Beyond the Brain: The Unifying Force of Self and Consciousness*** The Theosophist, Vol.138.6, pp 12-16.



Lectures :

- Self-challenged Brain and Brain-challenged Self , TEDx NMIMS Lecture at Hotel Novatel, 27 February 2016, Bangalore, organised under the global platform of TEDx lectures - Lecture Video: <https://www.youtube.com/watch?v=P297MN3rkKU>



ii. The Metaphysical and Subjective Quality of Consciousness

In conjunction with the idea of embodied living that we use today to explain and understand much of human actions, the question that arises is about the locale of the self. Where is the self placed to aid embodiment? Is “embodied living” the best way to “understand” consciousness? Is consciousness better understood, as far as its core essence is concerned, by the possibility of non-embodiment? Consciousness functions through the self as self-awareness, self-other-awareness, and “self-other awareness’ awareness” (a third level of awareness that reflects on one’s theory of mind). Does the third level warrant a non-embodied state? On the contrary, does metaphysical mysticism that upholds redemption from the body (disembodied states), such as liberation of the self, disregard the significance of embodied living and the sensitivities of the self? These central queries also invite us to conjecture on the order of the placement for the brain, mind, and consciousness, and the relation of each with the self. Is the self located in the brain, or consciousness, or both? Are the locality of the self and non-locality of consciousness mutually tenable? recent attempts have also brought in the metaphysical elevation of the body to a non-corporeal entity, which it is obviously not. The concept of the core-self will help to critique in a healthy fashion the overdone fascination in using the body and embodiment to explain all that is human and humanly actions, and to bring in metaphysical clarity with the highlight on a spiritual non-corporeal presence.

OUTCOMES

Publications:

- Siddharth S., Sangeetha Menon. (2017) **What Does It Mean for Qualia to be Intrinsic?**. In: Menon S., Nagaraj N., Binoy V. (eds) Self, Culture and Consciousness. Springer NATURE, Singapore, pp.403-417

Doctoral Thesis Supervision:

- Supervision for the doctoral thesis by Siddharth S on “A Study on the Metaphysics of Conscious Experience (4th year), registered with Mysore University

B. Situating Consciousness within Interdisciplinary discussions on Culture and Self

i. Interdisciplinary Initiatives on Knowing and Being of Self and Consciousness

Who are we really? What drives us with insatiable appetite towards an accumulation of knowledge, experience, beliefs, values and attitudes? What can we know for sure—individually and collectively? In pursuit of answering these questions, human endeavours have led to incredible progress in the last 200 years in philosophy, the arts, humanities, sciences, engineering and technology. The first of these questions pertains to the nature and identity of ‘self’. Is the self identical with a deeper core being which is ontologically significant, or is it culturally created, or is it an illusion produced by the brain in collaboration with the frail fringes of the body maps in our heads?

The arts, philosophy, sciences and every knowledge system that we have today make social contributions, and the role played by society in shaping our collective beliefs and attitudes has become inalienable. To be human is to share our being with a larger coexisting world as well as to adapt to changing tools and ways of knowing and creating knowledge. We have rich inner lives and we all have direct and immediate access to our inner self and the organic consciousness that surrounds it. Yet, we are unable to articulate our experiences accurately in third-person language. The search for the neural correlates of consciousness is continuing, with an emphasis on theories and methodologies of the physical and biological sciences. But the pertinent and unavoidable question is: will the understanding of consciousness ever reach a resolution and consensus regarding its fundamental features?

The challenge is to have exhaustive third-person data that can be integrated with knowledge from alternative sources and methods which determine the specific nature of experiences of people from across cultures and who possess divergent cognitive and emotional traits. The impact on the individual’s self of acculturation and migration to a different culture is vital, since there are also the subliminal threads connecting cultural expressions with the individual’s wellbeing. In other words, the persisting question is whether we need to review the monolithic approaches that rely entirely on single disciplinary points of view? Can complex components of culture and mind be explained without the overarching force of consciousness which in a way is a unitary force as well as across species and life expressions? The nature and character of consciousness have remained elusive to exclusive objective analyses which science has perfected over the centuries. Yet, we are quite sure that we are conscious beings and that consciousness has a deeper connection with the continuing identity that each of us carries in ease most of the time! While we do not understand the nature and function of consciousness per se in species other than humans and higher mammals, serious initiatives are being taken to understand the nature of intelligence and basic cognitive capabilities across the animal world and plant species. Are life, intelligence, cognition and consciousness interrelated phenomena? Alongside these questions exists another debate which goes to the root of activity such as intentionality and agency.

Interdisciplinary perspectives on Consciousness and the Self (2014, Springer) is a collection of essays in the context of the emerging discipline of consciousness studies with particular focus on the concept of self. Through a set of twenty-three interdisciplinary essays two larger questions are addressed: what is the place of the self; and, what are the interrelations between self and consciousness which contributes to the understanding of cognitive functions,

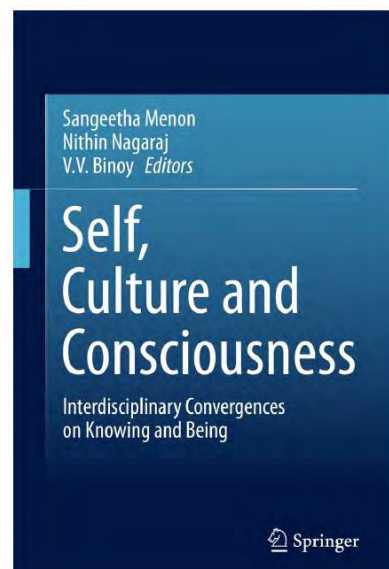
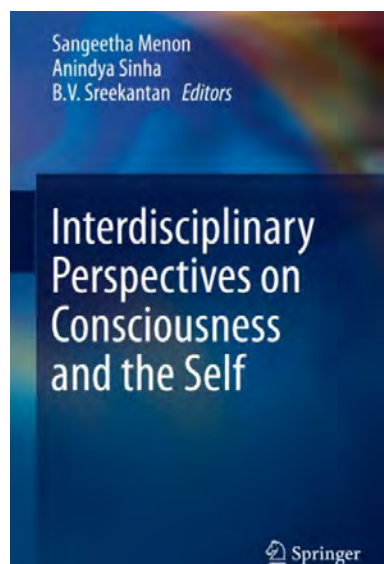
awareness, freewill, nature of reality, and the complex experiential and behavioural attributes that are constituent of consciousness.

Self, Culture and Consciousness: Interdisciplinary Convergences on Knowing and Being (2017, Springer NATURE) discusses interdisciplinary epistemologies and their convergences that highlight the complex nature of consciousness, explores the self in the context of culture and philosophical traditions, and provides narratives from medical humanities to bridge theory and practice. This volume brings together the primary challenges for 21st century cognitive sciences and cultural neuroscience in responding to the nature of human identity, self, and evolution of life itself. Through chapters devoted to intricate but focused models, empirical findings, theories, and experiential data, the contributors reflect upon the most exciting possibilities, and debate upon the fundamental aspects of consciousness and self in the context of cultural, philosophical, and multidisciplinary divergences and convergences. Such an understanding and the ensuing insights lie in the cusp of philosophy, neurosciences, psychiatry, and medical humanities. In this volume, the editors and contributors explore the foundations of human thinking and being and discuss both evolutionary/cultural embeddedness, and the self-orientation, of consciousness, keeping in mind questions that bring in the interdisciplinary complexity of issues such as the emergence of consciousness, relation between healing and agency, models of altered self, how cognition impacts the social self, experiential primacy as the hallmark of consciousness, and alternate epistemologies to understand these interdisciplinary puzzles. Who is an agent? And is consciousness always intentional? Is consciousness crucial to understand and even 'generate' reality? And, if it is, can we say that consciousness is bereft of the influences of the cultural contexts and societal practices within which one lives? These questions provoke significant discussion on considering consciousness in the realm of content and information, and raising the minimal features for an intelligent system to have agency and authorship. Further, important issues in this context are the existence of free will, decision-making, biological determinism and moral agency. How can these be placed within human cultural frameworks?

OUTCOMES

Publication:

- **Interdisciplinary Perspectives on Consciousness and the Self**
Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan (Springer, 2014)
- **Self, Culture and Consciousness: Interdisciplinary Convergences on Knowing and Being.** Eds. Sangeetha Menon, Nithin Nagaraj, Binoy VV (2017, Springer NATURE)



Collaborative work:

- The 2017 volume “Self, Culture and Consciousness” was the result of developing an overarching conceptual bridge connecting the interdisciplinary features of self, culture and consciousness, collaborating with scholars in India and across the world to develop a focus theme for the book divided into 5 main thrust areas: Emergence of Consciousness; Healing, Agency and Being; The Social Self, Culture and Cognition; The Self and Alternative Epistemologies; Consciousness, Experiential Primacy and Knowing.

ii. Self-reflection, Yoga and Schizophrenia

Preliminary evidence suggests efficacy of yoga as add-on treatment for schizophrenia, but the underlying mechanism by which yoga improves the symptoms of schizophrenia is not completely understood. Yoga improves self-reflection in healthy individuals, and self-reflection abnormalities are typically seen in schizophrenia. However, whether yoga treatment improves impairments in self-reflection typically seen in patients with schizophrenia is not examined. This study presented the potential mechanism of yoga in the treatment of schizophrenia and proposes a testable hypothesis for further empirical studies. Self-reflection abnormalities in schizophrenia improve with yoga and the neurobiological changes associated with this can be examined using empirical behavioural measures and neuroimaging measures such as magnetic resonance imaging. Self-awareness, which is influenced by agency and choice making, is also influenced by the degree of self reflection one is capable of. Self-identity, or the underlying experience of a continuing self, is reinforced by experiences that are private and experientially contextualized. According to Metzinger (2009); ‘by allowing us to externalize our minds through cooperation and culture, the Ego has enabled us to form complex societies . . . We mentally represent ourselves as representational systems, in phenomenological real-time. This ability turned us into thinkers of thoughts and readers of minds, . . .’ (pp. 4–5). The Theory of mind, the me-and-the-other divide, self-reflection, and empathy all are phenomena that spring from the master intelligence of the joint work of the self and the brain.

OUTCOMES

Publication:

- Naren Rao and Sangeetha Menon. (2016). **A heuristic model linking yoga philosophy and self-reflection to examine underlying mechanisms of add on yoga treatment in schizophrenia.** International Review of Psychiatry, Issue 2, 2016, pp. 265-272 DOI:10.1080/09540261.2016.1194259
- Menon S. (2017) **Body and Self-reflection: The Crux of Yoga Philosophy and Practice.** In: Menon S., Nagaraj N., Binoy V. (eds) Self, Culture and Consciousness. Springer NATURE, Singapore, pp. 151-164

Collaborative work:

- “Examination of therapeutic efficacy and potential mechanisms of yoga treatment in schizophrenia” - An interinstitutional Collaborative project (2016-2019) has been sanctioned by DST-SATYAM with Naren Rao (Dept of Psychiatry, NIMHANS) as PI, and Sangeetha Menon as Co-PI, with a host of research team: Shivarama Varambally (Dept of Psychiatry, NIMHANS); Rose Dawn Bharath (Neuroimaging and Interventional Radiology, NIMHANS); Rishikesh V Behere (Dept of Psychiatry, Kasturba Medical College); Rajesh Krishna Bhandary (Dept of Psychiatry, Kasturba Medical College); Girish Babu (Dept of Psychiatry, SDM Medical College, Dharwad); Raghavendra Nayak (Dharwad Institute of Mental Health and Neurosciences); Narendra Kumar (Psychiatry, Mysore Medical College); and Anil Kumar (Psychiatry, Mysore Medical College)

iii. Bringing together the Qualitative and Quantitative Correlates of Consciousness

As per classical Indian philosophical texts, a Yogi is an integrated being who has keen and discriminative intellect (viveka), is deeply perceptive and at the same time compassionate and detached (vairagya) – a rare balance of the „head“ and the „heart“. One who is on the path of yoga and meditation would exhibit physiological, emotional, and psychological well-being because of the integration between the “heart and the head”. Several studies have demonstrated that meditators from many different schools of practice show proficiency linked changes in EEG power spectra during rest and meditation. While there are differences between the effects seen due to different meditative practices, there are common state-trait changes that can be observed in the EEG power spectra during rest, meditation and different stages of sleep. Increased heart rate variability, well-regulated autonomic function with a parasympathetic predominance have also been demonstrated. Correspondingly, these meditators also show heightened well-being across several standardized measures. Earlier studies have employed theoretically-grounded brain complexity measures to characterize levels of conscious experience and have demonstrated an increasing order for coma, anaesthesia, dreaming, sleep, waking and psychedelic experiences. There has been a dearth of such studies to characterize conscious level using these measures for yoga practitioners.

OUTCOMES

Funded Project:

- “A Study of Consciousness Measures and Synchrony between Brain & Cardiovascular Dynamics in Yoga Experience” funded by DST-SATYAM (Dept of S & T – Science and Technology of Yoga and Meditation) is an interinstitutional project with Nithin Nagaraj as PI and Sangeetha Menon as Co-PI (2018-2021), and collaborators from the Indian Institute of Science, and NIMHANS (National Institute of Mental Health and Neurosciences)

Lectures:

- *Brain-Mind model and Consciousness-Self model: Changing Perspectives*
Invited Lecture on the occasion of the inauguration of "Cognitive Neuroscience Society of India", on the Yoga day at (NIMHANS) National Institute of Mental Health and Neurosciences, Bangalore, 21st June 2015
- *Self and Self-transformation: Understanding Experience and Consciousness*
Invited Lecture at the Symposium on Understanding Cognition and Consciousness through Music and Meditation, Jointly organized by the Cognitive Psychology Unit, Department of Clinical Psychology & NIMHANS Integrated Centre for Yoga, Bangalore, 8 February 2016
- *Yoga, Mind and Self-reflection*
Lecture at the "Evening Philosophy Chat" meeting of the NIAS Consciousness Studies Programme, NIAS Lecture Hall, National Institute of Advanced Studies, Bangalore, 22 September 2016
- *Yoga, Self-reflection and Consciousness*
Invited Lecture for the Yoga Day celebration of Indian Institute of Science, Faculty Hall, 21 June 2017

Review:

- Reviewer for the Consultative Meeting on “Indian Psychology and Mental Health” at NIMHANS organised by Department of Clinical Psychology in association with NIMHANS Integrated Center for Yoga, on 5 September 2017 at NIMHANS, Bangalore

iii. Culture, Cognition, and Aesthetics

The rasa theory formulated in the Natyasastra has received a staggering amount of attention as the main hypothesis pervading studies into Indian aesthetics. New advances in consciousness and cognitive studies, offer new perspectives and methodologies to examine the science of Natyasastra. By connecting Indian aesthetics, psychology and cognitive sciences the Seminar will explore new frontiers of interdisciplinary investigation into the Natyasastra – from the phenomenology of the swara-sruti-grama-moorchana to the psychology of the aesthetic mental states, gestures and the hermeneutics of its transcending experience. The rasa theory formulated in the Natyashastra has received a staggering amount of attention as the main hypothesis pervading studies into Indian aesthetics. New advances in consciousness and cognitive studies, offer new perspectives and methodologies to examine the science of Natyasastra. The text has an exhaustive thematic structure since it deals with a complex conception of drama (natya) constituted by what could be described as objective and subjective features. There is elaborate discussion, on one hand, on the characteristics of playhouse, different kinds of plays, different and complex gestures and movements, rules of prosody, metres and music, use of languages, style of characters, costumes and ornaments. On the other hand, there is discussion on emotions and mental states which are their causes, mutuality of emotions and mental states, rapport between actor and spectator, mental and physical nature of the actor and spectator, preliminary mystic rituals for effective representation and final goals of drama. Though Natyasastra gives a complex definition of what constitutes natya the categorical statement made about it is that natya has primarily to do with rasa. Abhinaya is defined as the expression through the actor of the meaning of the words of a literary (poetical) work with the help of vibhava (emotions and states of mind physically represented) so as to invoke an uninterrupted flow of rasa (enjoyment) for the audience. Rasa is a complex concept which is the central idea on which the experience of natya is founded. One of the unique features of natya is that the epistemological and the experiential, the theory and technique are co-ordinated to form a mutually benefiting factor of the whole.

Though there has been immense number of significant works with a classical approach to the text and the concept of rasa, in order to place the experience of rasa in an interdisciplinary context we have to explore the far-reaching implications for aesthetic moods, experiences, causes, and more importantly narratives in the rising importance of human cognition, consciousness and self-identity.

OUTCOMES

Doctoral Thesis Supervision

- Supervised the doctoral thesis of Sabina Sen (registered with University of Exeter, UK) on *Seeking the essence of Odissi: Retracing the semiosis of senses in Odissi dance practice* (degree awarded in 2016)

An interdisciplinary research primarily investigating the significance of senses and embodiment in Odissi dance. Does the body as a whole with the mind and emotions become one sense? In which case what happens to the somatic body? By also bringing the dancer's natural or acquired proprioceptive capabilities that lead to an innate control of balance and body dispositions, we could also bring in inner transformation which is the ultimate balancing act. This research is a timely study also in view of the heightened awareness of body-mind conditioning, dancer's health and injury-prevention. Senses seem to be located in the threshold between our own body-mind and the outer world. Hence, acknowledging the importance of senses as key to the understanding of somatic practices and consciously implementing this in practice will help to attain equilibrium in

the relationship between individuals and their socio-cultural environment. Furthermore, the results of this investigation will be very useful for community performances and therapeutic dance as an opportunity of exploring one's own body's capacities and its senses. The doctoral study made a contribution to both the anthropology of senses and Odissi dance, and attempted to fill in the gap in academic research in South Asian Dance studies and foster Odissi vocabulary in community performance.

Collaborative work

- Collaborative work with Indira Gandhi National Centre for the Arts – Southern Regional Centre:
 - a. Initiated a Consortium between NIAS and IGNCA for collaborative activities with Indira Gandhi National Centre for the Arts-SRC on the broad area of Culture, Consciousness and Cognition. It is being planned to host an internship programme for short term fellowships as part of this consortium in the current academic year (2016).
 - b. Conceptualised a Joint internship programme focusing on Indian wisdom traditions, titled “Kalaatmika Internship Programme” offering short term fellowships for young scholars, as a collaborative initiative between NIAS CSP and IGNCA towards joint mentoring for research on the broad interdisciplinary area of Indian philosophy, aesthetics and cognitive sciences (2016 -).
 - c. With Deepti Navaratna (Director, IGNCA Bangalore) - Conceptualised a joint seminar on Rasa concept bringing in the implications from cognitive sciences, psychology and philosophy (Dec 2017). The seminar, sponsored by IGNCA, by connecting Indian aesthetics, psychology and cognitive sciences explored new frontiers of interdisciplinary investigation into the Natyasastra – from the phenomenology of the swara-sruti-grama-moorchana to the psychology of the aesthetic mental states, gestures and the hermeneutics of its transcending experience. The attempt was to prominently place the classical value, imagination and experience of Natyasastra by focusing on the text, theory and experience of rasa with the goal of building and bridging contemporaneity in psychology, cognitive sciences, and Indian aesthetic traditions.

C. Self, Character and Psychological wellbeing

The reason for the emphasis on healing in Indian philosophy is the idea that spirit is the root of mind and body. Hence continued mental health is continued self-exploration. The quasi-philosophical issue about health and self-identity share a common platform with Indian psychology towards higher states of mental health and spiritual existence. Transformation and evolution of consciousness imply basic attitudinal and self-identity changes and shifts. The concept of healing thus is not just a solution to a problem but a state of perfection aimed at by one and all. Hindu cultural spirituality, best described, is Indian transpersonal psychology. Considering personhood as whole being, what a life-affirming trend in Hindu spirituality offers is integrated health. In these traditions the values behind ‘spiritual living’ are those which support personal growth, ecological awareness, empathy, intersubjective sharing, emotional wellbeing, efficiency in expressions, and creative imagination. The distinct feature of the psychological traditions of this thinking is its spiritual openness, and not just a liberal philosophy, the facility to integrate new experiences and new understanding into an evolving scheme of ideas and lifestyle all leading and pointing to continued self-exploration. Individual and one's experience is the key to achieving a degree of transcendence for the individual through transformation in his/her worldview, through the practice of open-mindedness, self-reflection, and sensitivity to oneself and others.

OUTCOMES

Publications:

- Binoy V.V., Vashishta I., Rathore A., Menon S. (2017) Autobiographical Memory: Where Self, Wellbeing and Culture Congregate. In: Menon S., Nagaraj N., Binoy V. (eds) Self, Culture and Consciousness. Springer, Singapore, pp.179-189
- Sangeetha Menon (2014) Self and transformative experiences: Three Indian philosophers on consciousness. In: Interdisciplinary Perspectives on Consciousness and the Self. Springer India, New Delhi, pp. 209-224. ISBN 978-81-322-1587-5
- Sangeetha Menon, Shankar Rajaraman, and Lakshmi Kuchibotla (2018), Wellbeing and Self-transformation in Indian psychology, Volume 37, Issue 1, International Journal of Transpersonal Studies (in press)

Collaborative Project

- “Meditation, sleep organization and well-being from an Indian perspective: evaluation of micro sleep architecture dynamics, sleep consciousness and psychological well-being in practitioners of vipassana meditation” project funded by DST SATYAM (2016-2019) Principal Investigator: Bindu Kutty, National Institute of Mental Health and Neuro Science, NIMHANS; Sangeetha Menon, Co-PI.

Proficient meditative practices, enhance the brain functions and capacities towards attaining higher cognitive capabilities, greater psychological development leading to higher mental attributes like altruism, compassion, environmental mastery etc. It is said that meditation practices enable the mind to appraise the content of consciousness leading to inner evolution and total transformation of individual consciousness. Most of our understanding on these aspects have come from electrophysiological and imaging studies of brain functions associated with meditative practices during waking conscious state. We are yet to understand the impact of meditation on sleep organization. As brain activity shuttles between sleep and wake, a proper understanding of brain functions from a sleeping brain perspective would provide additional information of the neural correlates of meditative practices on brain, body and mind and hence on consciousness, wellbeing etc and a greater impetus on the understanding of meditative practices on brain plasticity events associated with sleep, various physiological mechanisms of dream states and electrophysiological correlates of lucid dreaming and consciousness etc. In this context, the project would contribute to the understanding of meditation practices on sleep organization in general, the meditation induced neural plasticity mechanisms associated with sleep, memory consolidation, dreaming and consciousness wellbeing etc.

Doctoral Thesis Supervision

- Supervised the doctoral thesis of Shankar Rajaraman (registered with University of Mysore) on *Self-conscious emotions in Sanskrit poetry with implications for psychiatric practise* (thesis submitted in early 2018)

i. Self and Wellbeing in the Mahabharata

The phenomenological-hermeneutics approach, with meaning and interpretation at its core, provide emergent ways of understanding subjective experiences. Apprehending the characters of the Mahābhārata, their potentialities, contexts, cultural forces and possibilities by the

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phenomenological-hermeneutics approach presents us with various nuances for our own self growth. The nature of the research on self and well-being is a phenomenological exercise, involving the researcher as much as the participants, in this case, the characters of the epic. A sense of well-being ensues from this psychological integration and meaningfulness of self and identity.

OUTCOMES

Doctoral Thesis Supervision

- Supervised the doctoral thesis of Lakshmi Kuchibotla (registered with University of Mysore) on *Self and Wellbeing: A Qualitative Approach with Focus on the Mahabharata* (degree awarded in 2016)

The study analyses select five characters in the Mahabharata with the help of Indian and Rogerian psychology, and Indian philosophy, and argues for self-transformation as dependent on self-wellbeing nexus. A target set of characters in the Mahabharata were analysed and their primary life narratives studied in an attempt to understand the psychological and experiential facets of self, well-being, and their relation with three subjective criteria such as desire, conflict, and grief. The interrelations between self and well-being and their implications for counseling, as well as continued research in the areas of health and well-being was another important concern in this study. Another component of the study was a philosophical and psychological discussion on creating self-narratives and the place of empathy.

Publications:

- Lakshmi Kuchibotla, Sangeetha Menon (2014) Self and empathy. In: *Interdisciplinary Perspectives on Consciousness and the Self*. Springer India, New Delhi, pp. 177-192. ISBN 978-81-322-1587-5

D. Body, Self and Medical Humanities

Debates the fundamental aspects of consciousness and self in the context of cultural, philosophical and multidisciplinary divergences. We believe that such an understanding lies at the cusp of philosophy, neurosciences, psychiatry and the medical humanities. Consciousness and self are like two sides of a coin. It is almost impossible to talk about consciousness without a self who is the experiencer, and who possesses self-identity accrued upon and influenced by one's experiences and interactions with the environment and culture. But then how do we understand the altered self, the self that is on the fringes due to neurological and neuropsychiatric challenges? How are mind, consciousness and self interrelated? What are the different models of self? Do they have a biological or a cultural basis? What are the role and influence of culture in understanding the cause of neurological and psychiatric challenges? What is the role of family, society and workplace values and practices towards interventional measures for alleviation? What is the role of the medical humanities in the context of understanding the deeper realms of mind and consciousness?

OUTCOMES

Publication:

- Namitha Kumar, Sangeetha Menon (2014) Adapted self in the context of disability: An ecological, embodied perspective. In: *Interdisciplinary Perspectives on Consciousness and the Self*. Springer India, New Delhi, pp. 193-208. ISBN 978-81-322-1587-5

Namitha Kumar and Sangeetha Menon, Re-imagining Embodiment and the Self in People with Traumatic Spinal Cord Injuries: A Narratives Approach, Volume 37, Issue 1, International Journal of Transpersonal Studies (in press)

Doctoral Thesis Supervision

- Supervised the doctoral thesis of Namitha Kumar (registered with University of Mysore) “A Study of Subjectivity and Selfhood in People with Physical Disabilities: A Theoretical Approach” (degree awarded in 2016)

Disability in India has been mostly studied under the lens of clinical psychology, social work, counseling and rehabilitation studies. Clinical psychology, social psychiatry, social work and allied disciplines focus on people with disabilities as needing help, support and special services. These discourses construct the disabled subject as clinical, dependent individuals. The rich inner worlds of people with disabilities have gone more or less unnoticed and under-researched except for isolated studies. Even within mainstream psychology, there have been little attempts in subjective psychological accounts of disability in India. Examining disability from a purely clinical perspective has led to a lop-sided epistemology of disability within mainstream psychological traditions while casting aside and ignoring the phenomenological realities of people with disabilities. Though disability scholars like Addlakha and Ghai touch upon issues of psychological oppression, self and identity; psychology as an engaged, liberatory discipline continues to be absent. Even within disability studies in the Global North, psychology is conspicuous by its absence. Disability studies views psychology with suspicion because of its previous psychopathologizing stand towards disability. There is a clear need to re-engage psychology with disability in a positive framework. In keeping with the core rationale of using psychology as a generative, transformative tool to locate psychological experiences of disability in the larger, relational context, the study has the following objectives:

- a. To examine and analyze how the ableist culture views, perceives, constructs, responds and reacts to people with disabilities through a public response survey.
- b. To examine and analyze how people with disabilities experience self and subjectivity within ableist cultures.
- c. To examine and analyze the primacy of embodiment and centrality of adaptations in experiences of disability.

The study is primarily qualitative as it focuses on people’s experiences and interpretations of their life-worlds. Collected data includes a public response survey to capture public perception of disability in India and participant data from twenty individuals with physical and sensory disabilities. To center the experiences of people with disabilities and engage in a more situated, contextual, subjective knowledge production; the study uses the broad framework of critical psychological research methods. Critical psychology moves away from a discipline that “constructs and produces” expert knowledge of people’s mental lives from a pedestal to a more democratic, participatory discipline that accounts for subjectivity, personal experiences and social contexts. Under the rubric of critical psychology, the study uses three key research methods: social constructionism, narrative research and phenomenological psychology.

Using data from the lived experiences, the study presents psychology as a constructive, useful tool of analysis within the study of disability and disability studies. Psychology becomes an enabling, empowering discipline as it unveils and unmask the psychological elements of disablism, oppression and exclusion of people with disabilities. An analysis of the psychology of bias, prejudice and stereotypes enables suitable action plans to transform mindsets within communities. Studying the self and subjectivity of people with disabilities offers a starting point to understand first-person perspectives on living with disabilities in structurally and psychologically unfriendly environments. As against the pathologized individual in discourses of clinical psychology and counseling studies, the participants in the research are persons in their own right, taking charge of their lives, making individual choices and decisions and resisting imposed subjectivity. The study presents people with disabilities as feeling, thinking, acting agents rather than mere receivers of help, support and services. The results of the study present three original concepts which embody the life experiences of people with disabilities: biopsychological tattooing, corponormativity and the adapting self.

E. Indigenous Philosophies, Causality and Healing Traditions: Interdisciplinary Studies

Philosophy and psychology both consider its primary goal as to understand the complex and non-observed aspects of human life and living. In a pluralistic and philosophically rich country like India, philosophy is always connected with notions that are related to cognition, consciousness, mind and ways of knowing and being. Epistemology and metaphysics use concepts that are embedded in self and the purpose and meaning to be created through understanding the nature of reality, causal mechanisms, and other structures of knowing and being. Essentially, Indian philosophy is a 'philosophy of psychology' approach by suggesting both mental structures as well as structures that need to be created to go beyond the process of knowing. In this attempt aesthetics, poetry, healing, and imagination play a role by contributing to better self-reflection and appreciation of the subject-object non-duality.

i. Kashmir Saivism, Causality and Information Theory

Kashmir Saivism philosophy is based on the Siva sutras which emphasizes the philosophy of universal consciousness. According to Kaw, the strict sense of the term *pratyabhijna* is recognition, but in the system, it comprehends the sense of awareness, consciousness, realisation, 'knowledge in practice' or practical use of knowledge. The philosophy of Kashmir Saivism, with particular emphasis on the concept of *spanda* is presented by Dyczkowski (1992), while Tagare (2002) gives a comprehensive philosophy of recognition of Utpaladeva with a summary of the commentary by Abhinavagupta. Torella and Baeumer (2015) gives a focused approach to Utpaladeva's philosophy. The *pratyabhijna* concept in particular is helpful to understand the concept of memory, and correlates of consciousness and the self in the context of Indian philosophy. The works that are available today mostly focus on memory and metacognition in order to understand self-reflection and consciousness. For instance, Torella writes: If Utpaladeva's investigation starts with memory, by infringing the above stated order, it is "because in a very clear manner memory can serve as a logical reason for the establishment of the identity of the self with the Lord". Abhinavagupta and Utpaladeva asks pertinent questions on the relationship between the cognitive act of the perception and the cognitive act of the memory itself. These questions lead to the important treatise of *vimarsa*, which brings in both causal and creative powers to consciousness. Can we make sense of cognitions without a self that is foundational and yet capable of creative self-reflection. The enquiry into

these questions needs a detailed study of the texts of Kashmir Saivism and also philosophers like Utpaladeva and Abhinavagupta.

We are witnessing rapid technological progress in Artificial Intelligence (AI) research in the world and in our country and its all-pervasive intrusion into science, technology and society. These machines (automated algorithms, hardware, software and intelligent robots) are used in decision making in critical applications such as clinical diagnosis and intervention, medical devices, mobile communications & network security protocols, knowledge industry & arts, aviation, energy & power industry, as well as in agriculture and food processing technology. Novel ethical questions arise when AI machine/robot reaches the status of a 'conscious mind'. The conscious mind of a machine would however be very different from a human mind, but nevertheless could stake a claim for moral status. The only way to approach these intricate issues is to understand the nature and character of Consciousness, to explore how and when an AI machine/robot can legitimately claim to be a conscious self (self-aware) and if so, what kind of consciousness would such a humanoid possess?

To this end, this study will attempt to take these issues head-on using the rich mathematical and scientific language of complexity and information theory on one hand, and the deep traditional wisdom of Kashmir Saivism on the other hand. Such a unique multi-disciplinary synergetic confluence of ideas, approaches and research methodologies – from East and West – would have definite impact on critical problems concerning science, technology and society in India and in the world. As per IIT, integrated intrinsic information in brain networks is a measure of causal power which is directly linked with subjectivity and consciousness. For Tononi's IIT, information has material causal effects, and is to be understood as "experience," with a phenomenological subjective capacity. This identity of causality with subjectivity has strong parallels with Abhinavagupta's Kashmir Saivism where knowledge (Jnana) and action (kriya) are intricately one with a conscious subject (Biernacki, 2016). This is a departure from Sankhya as well as Vedanta darsanas (Advaita of Sankara and others) where the conscious self (Purusha, Brahman, Atman etc.) is a witness (Sakshi) at best, with no way of affecting the world and thus devoid of causal efficacy.

The relationship between inner subjective awareness and a capacity for causal efficacy, which is the foundational proposition of Abhinavagupta's Nondual philosophy is a unique way to integrate pure consciousness and matter. The philosophical basis of Tononi's IIT is also unique in the neuroscientific literature of consciousness since no other theory equates conscious experience with intrinsic and integrated causal power (of matter) as strongly as IIT. This study apart from the exclusive focus on the fundamental discussions pertaining to philosophical and psychological questions raised by the thinkers of Kashmir Saivism will also engage in a new attempt of contextualising Information theory from the view point of analysing causal structures of thought, experiences and entities.

In such an interdisciplinary study which will bring in primarily philosophy will examine some of the latest trends in understanding similar questions from the point of view of complexity theories, and integrated information theory. The study would also be the first comparative attempt to juxtapose emotions, aesthetic process, memory, cognitive structures and the self in the context of understanding consciousness in Indian philosophy in the light of contemporary interdisciplinary discussions on consciousness, cognition and the self.

OUTCOMES

- **Funded Project:** "*Causal Structures, Vimarsa And The Pratyabhijna: A Comparative Research Study On Kashmir Saivism & Information Theory*" funded by The Tata Education Trust – 161.15 Lakhs Over Four Years (2018-2022). Sangeetha Menon is the PI of the Project.

ii. Indigenous Psychologies, Philosophies and Healing Traditions of Kerala

India is a country heavily dependent on its cultural practises, social beliefs and frameworks when it comes to mental health and healing. Today when different sections of the people need psychological support going beyond mainstream medicine, culturally rooted practises and counselling based on such enforcement related to temples, places of worship, ritual practises of community etc. are expected to help people to create wellness in daily living and coping with psychological and psychiatric challenges, old age, etc.

This study will propose a pilot model based on indigenous practises and local philosophies to support the needy. Although the interest of the scientific community in understanding the biological basis of Ayurvedic medicines prescribed for treating psychological aberrations are getting popularity, sufficient efforts have not been made to document the ritualistic elements of the indigenous practise practices and traditional knowledge systems. Documentation and detailed study of the rituals and practises can contribute significant insights to understand the functioning of the human mind and its challenges from both a cultural and generic context. Such a research could also contribute for filling the gaps in the history of the evolution of psychology and psychiatric practices by adding the indigenous notions influenced by the human mind. In India although people consult and trust allopathy for treatment of various kinds of diseases affecting body, when one experiences psychological disturbance, patient or his/ her family members are hesitant to consult a psychiatrist. Ignited by the taboo persistent in the society towards mental illness and challenges, first line of solutions suggested by the subjects and family members ranges from visiting religious institutions, conducting rituals in such places and contacting traditional healers, or consulting one's spiritual Guru.

The major intent and goal of the project is to document and understand the indigenous healing traditions of Kerala, and, understand the psychological and psychiatric implications. The method used is primarily qualitative, and the end outcome is to develop frameworks that are centered in the indigenous system of culture, psychology and philosophy of healing traditions of Kerala. Thus, the effort is to examine, and interpret the concepts used by the Western methods of cultural anthropology and medical anthropology, and suggest a model established and inspired by local cultures of healing traditions, practices and philosophy.

This study proposes to start the work with Kerala state and develop a pilot model. Subsequently, the model can be applied to other states. Such a nation-wide study can help society, communities and its people of our country by providing exhaustive and authentic databases on traditional healing methods, practises and sources, with sensitivity to cultural plurality and individual privacy. The study will be grounded on focus areas such as: Cultural psychology and Cognitive sciences; Cognitive Archaeology and Material Culture; Philosophy of Psychology and Literature; Tribal medicine, Land, and Policy implications; Indigenous Biomedical care and approaches. Methods will include mixed methods that range from narrative analysis, literary analysis, phenomenology, ethnography, building philosophical frameworks, and social psychology analysis that pertain to psychiatric practices, medicine, and culture.

OUTCOMES

- **Funded Project:** *“Documentation And Study Of Alternate & Indigenous Psychiatric And Psychological Practises Of Healing And Wellness (With A Pilot Project Of Model Building Focusing On Kerala State)* funded by The Tata Education Trust – 125.91 Lakhs Over Four Years (2018-2022). Sangeetha Menon is the PI of the Project.

Funded Projects and Collaborative Works (2013-2019)

- i. **Funding from The Mani Bhaumik Foundation towards supporting short terms fellowships for the NIAS Consciousness Studies Programme**
(2014 – 5 lakhs, 2015 – 6 lakhs, 2016 – 5 lakhs)

During 2014-2016 fifteen NIAS-Mani Bhaumik short term fellowships were awarded on a competitive process, and each fellow mentored by one faculty of the NIAS Consciousness Studies Programme.

Outcomes:

This initiative was managed in such a way to facilitate collaborative work between the NIAS CSP and other Programmes/Schools. The outcomes include reports, conference lectures, and joint publications. [Please Click here for the Report and Research details](#)



- ii. **Funding from DST – CSRI (Cognitive Science Research Initiative)**
(1.5 lakhs)

Brain-storming Meeting supported by Cognitive Science Research Initiative, Dept. of Science & Technology, Govt. of India Mani Bhaumik Educational Foundation 11-12 December 2014 JRD Tata Auditorium, NIAS on “Consciousness, Cognition and Culture: Implications for the 21st Century”. [Please Click here for the meeting details.](#)

- iii. **Funding from the Tata Education Trust for organizing International Conference**
(25 lakhs)

An international Conference for researchers, scholars and students to discuss brain, self, cognition and consciousness, titled “Consciousness, Cognition and Culture: Implications for the 21st Century” was organized in December 2015 to raise questions, reflect upon the most exciting possibilities, and debate upon the fundamental aspects of consciousness which lies in the cusp of philosophy, neurosciences, artificial intelligence, physics and medical humanities. The questions that connect consciousness, cognition and culture are wide ranging and many. The [Conference Programme](#) focused on significant themes that have overarching implications for the humankind, its future and wellbeing.

[Please click here for Flyer and Conference Themes](#)

Outcomes:

260 participants, 24 Expert Speakers from across the globe, 100 Young Scholars, 15 Corporate participants, 7 Sponsors, Nature India Media Partner, over 35 participating Indian Institutions, over 18 participating institutions from other countries, Website and Social media reach, Complete video documentation of proceedings, Open access and [Webcasts of Lectures.](#)

Collaborative efforts established with Owen Flanagan, James B. Duke Professor of Philosophy Center for Comparative Philosophy, Durham, NC. Prof Flanagan He is now our doctoral scholar S Siddharth’s Co-Supervisor, and helps get research support from experts like Galen Strawson who is the pioneer of Panpsychism.

[Pre-Conference Booklet](#) published by NATURE India
NATURE India [Blog article – Please Click here](#)
NIAS Conference [Report – Please Click here](#)

Conference Photographs

iv. Additional Funding for the Dec 2015 International Conference from other Sources

For the Dec 2015 International Conference additional funds were received from Cognitive Science Research Initiative (CSRI) of Department of Science and Technology, Govt. of India (5 lakhs); Science and Engineering Research Board (SERB), Govt. of India (2.5 lakhs); Tata Consultancy Services (5 lakhs); Tata Steel; (5 lakhs); Indo-US Science and Technology Forum (IUSSTF) (4 lakhs); and Defence Research and Development Organisation (1 lakh). In addition, 1.8 lakh was collected towards registration fees.

Total fund generated for the Conference = 49.3 lakhs

iv. Funding from “METI – International, USA” for the International Seminar on Altruism, Wellbeing and Purpose from 1-2 February 2018 (7000 USD)

The dominant cognitive and evolutionary view is that these life expressions are behaviours that favour better survival for the species. What is the relation between being and wellbeing of the self? Are we just mechanistic entities controlled by genetically and environmentally determined factors? The ‘me’ sense is invariably accompanied by what is ‘other-than-me’ sense based on my preferences for inclusion and exclusion of people, objects and life around. Since it is not solely directed by the limits of the physical body but is very much influenced by the capability of individual consciousness to include and accept, different people have different degrees of this divide. Thus, subliminal capabilities such as altruism is also related to self-identity. Is altruism a fundamental aspect of life and living, and the universe? In almost all of wellbeing studies the two life traits that clearly emerge are ‘meaning’ and ‘purpose’. This international meeting jointly co-organised by METI and NIAS brought together biologists, mathematicians, psychologists, psychiatrists, economists, philosophers, physicians, and artists to dialogue on Altruism, Wellbeing and Purpose, presenting vantage views on Planetary life and its Meaning.

<http://niasconsciousnesscentre.org/B/Events/altruism-1Feb2018.html>

v. Funding from ICPR (Indian Council of Philosophical Research) for a study on Kashmir Saivism, Self-reflection and Aesthetics, 2017-2019. Sangeetha Menon is the PI of the Project. (4 lakhs)

vi. Funding from The Tata Education Trust (2018-2022), for a study on “Causal Structures, Vimarsa And The Pratyabhijna: A Comparative Research Study On Kashmir Saivism & Information Theory”. Sangeetha Menon is the PI of the Project. (161.15 Lakhs)

vii. Funding from The Tata Education Trust (2018-2022), for a study on “Documentation And Study Of Alternate & Indigenous Psychiatric And Psychological Practises Of Healing And Wellness (With A Pilot Project Of Model Building Focusing On Kerala State). Sangeetha Menon is the PI of the Project. (125.91 Lakhs)

COLLABORATIVE PROJECTS

- i. Sangeetha Menon is Co-Principal Investigator for Science and Technology of Yoga and Meditation (SATYAM), Department of Science and Technology, Government of India, New Delhi Project on “Meditation, sleep organization and well-being from an Indian perspective: evaluation of micro sleep architecture dynamics, sleep consciousness and psychological well-being in practitioners of vipassana meditation”. Principal Investigator: Bindu Kutty, National Institute of Mental Health and Neuro Science, NIMHANS; July 2016- July 2019
- ii. Sangeetha Menon is Co-Investigator for Science and Technology of Yoga and Meditation (SATYAM), Department of Science and Technology, Government of India, New Delhi Project on “Examination of therapeutic efficacy and potential mechanisms of yoga treatment in schizophrenia”. Principal Investigator: Naren Rao, National Institute of Mental Health and Neuro Science, NIMHANS; July 2016- July 2019

Publications (2014-2019)

Single-authored Book

1. Menon, 2014. *Brain, Self and Consciousness: Explaining the conspiracy of experience*, Springer Science & Business Media.

Edited Books

1. Interdisciplinary Perspectives on Consciousness and the Self
Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan (Springer, 2014)
2. Self, Culture and Consciousness: Interdisciplinary Convergences on Knowing and Being. Eds. Sangeetha Menon, Nithin Nagaraj, Binoy VV (Springer NATURE, 2017)

Journal Papers

1. Sangeetha Menon, Meera Kumar, Rakesh Kumar, *Beyond Body-Mind: Self-narratives and Consciousness*, Psychological Studies, Special issue (2019) 64: 266. <https://doi.org/10.1007/s12646-019-00519-w>
2. Geetha Anand and Sangeetha Menon, (2017) *Body, Self and Consciousness according to Tirumūlar's Tirumandiram: A comparative study with Kashmir Śaivism*. International Journal of Dharma Studies 5:3. DOI 10.1186/s40613-016-0045-5
Abstract URL <https://link.springer.com/article/10.1186/s40613-016-0045-5>
3. Naren Rao and Sangeetha Menon. (2016) *A heuristic model linking yoga philosophy and self-reflection to examine underlying mechanisms of add on yoga treatment in schizophrenia*. International Review of Psychiatry, Issue 2, 2016, pp. 265-272
DOI:10.1080/09540261.2016.1194259
Abstract URL <https://www.ncbi.nlm.nih.gov/pubmed/27310309>
4. Sangeetha Menon (2016). *The 'Outer Self' and the 'Inner Body': Exteriorization of the Self in Cognitive Sciences*. Journal of Human Values January 2016 vol. 22: pp 39-45, DOI. 10.1177/0971685815608062
Sangeetha Menon, NIAS-2019

Abstract URL <http://journals.sagepub.com/doi/abs/10.1177/0971685815608062>

5. Meera Kumar and Sangeetha Menon (2016) *Desire and self-representation: A philosophical reading of the Malayalam novelette "Agnisakshi"*. Journal of Indian Council of Philosophical Research, 33 (2). pp. 303-314. DOI. <https://doi.org/10.1007/s40961-016-0060-z>
Abstract URL <https://link.springer.com/article/10.1007/s40961-016-0060-z>
6. Sangeetha Menon. *Body-sense and the Somatic markers: Emotions in consciousness studies*. Samyukta: A Journal of Women's Studies, January 2016. Vol. 16.1. Special issue on Theories of Affect. Guest Editor: Sneja Gunew. pp. 50-68
7. Sangeetha Menon (2016). *Self and Emotions in Bhakti*. Journal of Indian Psychology, Vol30, Nos. 1&2, 2016, pp. 32-39
8. Shankar Rajaraman & Sangeetha Menon (2015). *The Theory of Emotions in Sanskrit Poetics and its Implications for Psychiatric Practice*. Journal of Indian Psychology, vol. 29, nos. 1 & 2, pp. 34-44

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1. Sangeetha Menon. *Self and Transformative Experiences: Three Indian Philosophers on Consciousness*. In: Interdisciplinary perspectives on Consciousness and the Self, Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan, Springer, 2013
2. Lakshmi K & Sangeetha Menon, *Self and Empathy*, In: Interdisciplinary perspectives on Consciousness and the Self, Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan, Springer, 2014
3. Namitha Kumar & Sangeetha Menon, 2013, *Adapted Self in the Context of Disability: An Ecological, Embodied Perspective*, In: Interdisciplinary perspectives on Consciousness and the Self, Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan, Springer, 2014
4. Sangeetha Menon, Nithin Nagaraj, Binoy V.V. (2017) *Bridging Self, Culture and Consciousness*. In: Menon S., Nagaraj N., Binoy V. (eds) *Self, Culture and Consciousness*. Springer, Singapore, pp 1-19
5. John J.P., Parekh P., Halahalli H.N., Menon S., Kutty B.M. (2017) *Auditory Verbal Hallucinations in Schizophrenia: A Model for Aberrant Self-consciousness*. In: Menon S., Nagaraj N., Binoy V. (eds) *Self, Culture and Consciousness*. Springer, Singapore, pp 123-149
6. Sangeetha Menon. (2017) *Body and Self-reflection: The Crux of Yoga Philosophy and Practice*. In: Menon S., Nagaraj N., Binoy V. (eds) *Self, Culture and Consciousness*. Springer, Singapore, pp. 151-164
7. Binoy V.V., Vashishta I., Rathore A., Menon S. (2017) *Autobiographical Memory: Where Self, Wellbeing and Culture Congregate*. In: Menon S., Nagaraj N., Binoy V. (eds) *Self, Culture and Consciousness*. Springer, Singapore, pp.179-189

8. Siddharth S., Sangeetha Menon. (2017) What Does It Mean for Qualia to be Intrinsic?. In: Menon S., Nagaraj N., Binoy V. (eds) Self, Culture and Consciousness. Springer, Singapore, pp.403-417

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Sangeetha Menon, *Consciousness and Cognition*. In Oxford Bibliographies in Hinduism. Ed. Alf Hiltebeitel. New York: Oxford University Press, July 2016. DOI: 10.1093/OBO/9780195399318-0171

Book Reviews

Review for “Brain, Self and Consciousness: Explaining the conspiracy of experience”, (2014). Brain, self and consciousness: Explaining the conspiracy of experience. New Delhi, India: Springer. ix + 214 pp. ISBN 978-81-322-1580-6, Hardcover, £90 (Approximately \$129). Reviewed by Brian Les Lancaster. Springer 2014. The Journal of Transpersonal Psychology, 2014, Vol. 46, No. 1, pp.132-138 <http://atpweb.org/jtparchive/trps-46-14-01-000.pdf>

A Response to Lancaster, B.L. (2014). Review of the book Brain, self, and consciousness: Explaining the conspiracy of experience, by S. Menon. The Journal of Transpersonal Psychology, 46(1), 132-139 <http://atpweb.org/jtparchive/trps-46-14-02-000.pdf>

Popular/Media publications

Sangeetha Menon, *Mind matters: Exploring philosophical fundamentals of peace* Commentary in Deccan Chronicle, September 11, 2017 (Page 13).

<http://www.deccanchronicle.com/decaf/100917/mind-matters-exploring-philosophical-fundamentals-of-peace.html>

Recent Conference and Seminar Thematic notes:

1. Sangeetha Menon (2018). Desire, Life purpose and the Altruistic self: A discussion on Indian philosophy. International Seminar on "Altruism, Wellbeing and Purpose: Vantage views on Planetary life, and its meaning from Biology, Indian philosophy and the Arts, National Institute of Advanced Studies, 1 February 2018
2. Sangeetha Menon (2018). Minds and Machines: Debates on the nature of intelligence and experience. Introduction, Seminar at National Institute of Advanced Studies, 27 December 2017. <http://niasconsciousnesscentre.com/B/Events/mindandmachinesDec2017.html>
3. Sangeetha Menon, Altruism Wellbeing and Purpose: Vantage views on planetary life and its meaning from Biology, Indian philosophy and the Arts, Feb 2018, <http://niasconsciousnesscentre.com/B/Events/altruism-1Feb2018.html>
4. Sangeetha Menon (2018). That which Melts the Heart, but still has a Reason: A First person Approach to Emotions and the Self in the Natyasastra. Seminar on Beyond the Rasa theory, Co-organised by National Institute of Advanced Studies, and Indira Gandhi National Centre for the Arts-SRC. NIAS Lecture Hall, 8 December 2017
5. Sangeetha Menon and Deepti Navaratna, Beyond the Rasa Theory: A One Day Seminar on New Directions in Understanding the Natyasastra, 8 December 2017 <http://niasconsciousnesscentre.com/beyond-rasa-seminar-2017.html>

6. Sangeetha Menon (2018). Being What Is: Consciousness in Indian traditions". First Indic Thoughts Festival 2017 from 17-18 Dec 2017, Grand Hyatt, Goa, organised by Indian Foundation, New Delhi.
[Please Click here to Watch the Video](#)



7. Sangeetha Menon (2018). Imagination and Knowledge Acquisition: Exploring the Creative Expressions of the Learning Mind. Chairperson's introduction, ISME South Asia Regional Conference, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 28 November 2017
8. Sangeetha Menon (2018). Body Narratives and the Self: Exploring Consciousness through the Experience-beholder. National Conference on "Culture, Design & Cognition" (CDC) 2017, organised by National Institute of Design (NID), Indira Gandhi National Centre for the Arts - Regional Centre Bangalore (IGNCA RCB) and National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, 3 November 2017
9. Sangeetha Menon (2018). Beyond Mind: The Self Narratives and the Body of our Times. International Conference on "The Fragmented Self: An Interdisciplinary Exploration into the Notions of Self & Identity in Contemporary Life", Indraprastha College, University of Delhi, Delhi, 30-31 October 2017
10. Sangeetha Menon (2018). Consciousness, Well-being and the Humanising Space. International Conference on "Required Architectural Design Wisdom at Habitable Spaces", Brindavan College of Architecture, Bangalore 3-4 October 2017
11. Sangeetha Menon (2018). Distinguishing Concepts – Body, Mind and Consciousness. CSP Module for First Semester 2017 Foundation Course, NIAS PhD Programme "An Introduction to Mind, its Functions and Purpose", National Institute of Advanced Studies, Bangalore, 11 August 2017
12. Sangeetha Menon (2018). Body and the Self: A discussion on consciousness and healing. Cognitive Neuroscience (CNS) Forum - NIMHANS Lecture series, National Institute of Mental Health and Neurosciences, Bangalore, 5 August 2017
13. Sangeetha Menon (2018). Beyond the Binary: Consciousness and Causality. NIAS Wednesday lecture, National Institute of Advanced Studies, Bangalore, 26 July 2017
14. Sangeetha Menon (2018). Yoga, Self-reflection and Consciousness. Yoga Day celebration of Indian Institute of Science, Faculty Hall, 21 June 2017. <http://mhrd.gov.in/IDY/docs/iisc.pdf>
15. Sangeetha Menon (2018). Mental Health and Managing Life Stress, Chief Guest's Lecture on the occasion of International Women's day function, Naval Physical and Oceanographic Laboratory (NPOL), DRDO, Cochin, 8 March 2017

16. Sangeetha Menon, Imagination and Knowledge Acquisition: Exploring The Creative Expressions Of The Learning Mind, ISME International Conference Panel Discussion thematic note.
17. NIAS Consciousness Studies Programme Interinstitutional Brainstorming Meeting -1, For the Agenda Paper on "Charting the Path for the Future of Consciousness Studies in India", 17 November 2017

Reports:

1. *Consciousness, Cognition and Culture: Implications for the 21st Century*
International conference at National Institute of Advanced Studies, 9-11, Dec 2015
NATURE Conference Pre-conference book - <http://niasconsciousnesscentre.org/Conf-2015/b/Nature-India-conference-booklet.pdf>

Conference themes: <http://niasconsciousnesscentre.org/Conf-2015/a/focus-themes.html>

Conference Report:

<https://drive.google.com/file/d/1UmSkRS4FdZr7CPaoA8LduPdpiqvki0/view?usp=sharing>

Conference Pictures:

https://drive.google.com/file/d/1vsHsRDGJsUA72WflAn9tcOu5CNt_xoFl/view?usp=sharing

2. *Minds and Machines: Debates on the nature of intelligence and experience*
International Seminar at National Institute of Advanced Studies, 27 December 2017.
<http://niasconsciousnesscentre.org/B/Events/mindandmachinesDec2017.html>

Conference Booklet:

<https://drive.google.com/file/d/1bwG8fLwN30ozVjVcUNpczq3Y1Or89Fj3/view?usp=sharing>

3. *Altruism, Wellbeing and Purpose: Vantage views on Planetary life, and its meaning from Biology, Indian philosophy and the Arts*, JRD Tata Auditorium, National Institute of Advanced Studies, 1 February 2018
<http://niasconsciousnesscentre.org/B/Events/altruism-1Feb2018.html>

Conference Booklet:

https://drive.google.com/file/d/1DME3RNX81E_ikHCwtZnZhPewAPjf7x5Y/view?usp=sharing

4. Parekh P, John JP, **Menon S**, Halahalli H, Kutty BM. "Functional connectivity patterns underlying the experience of auditory verbal hallucinations in patients with

schizophrenia". Report on the collaborative study with NIAS-Mani Bhaumik Fellowship for Pravesh Parekh from NIMHANS.

5. "NIAS Consciousness Studies Programme", Booklet describing the research work of the faculty, activities and publications of the NIAS Consciousness Studies Programme, Bangalore: National Institute of Advanced Studies, 2015. 57 pages.

[Click here for the e-book](#)

Plenary, Public and Conference Lectures (2014-2019)

1. "Method and Critical Enquiry in Philosophy", Svastya Rasa Bodhini Brainstorming session organized by NIAS Consciousness Studies Programme, 25 July 2019, NIAS Bangalore
2. Self-reflection and Life Purpose: Empowering agency and empathy
Lecture at Indian Institute of Technology – Jodhpur, 9 July 2019
3. "Expressions of Life, Living and the Self", Panel Discussion organized by NIAS Consciousness Studies Programme, 1st July 2019, NIAS, Bangalore
Watch it and subscribe to NIAS CSP Channel ...
<https://www.youtube.com/watch?v=i6hw43ouKJs>
4. "The inevitable but complex connections between interdisciplinarity, knowledge and ethics that bridge doing science and creating social change"
Invited Lecture at the Annual Science week 2019 on "Science for Society", University of Agricultural Sciences, 22 July 2019
The lecture video is here - <https://youtu.be/FWvUCn3SxK8?t=2770>

5. "Gandhi and the Psychology of Self: Consciousness and Selflessness as the Fundamental principles of Wellbeing".
Invited Keynote Lecture at the Symposium organised by Indian Council of Medical Research and National Gandhi Museum, 26 March 2019, New Delhi



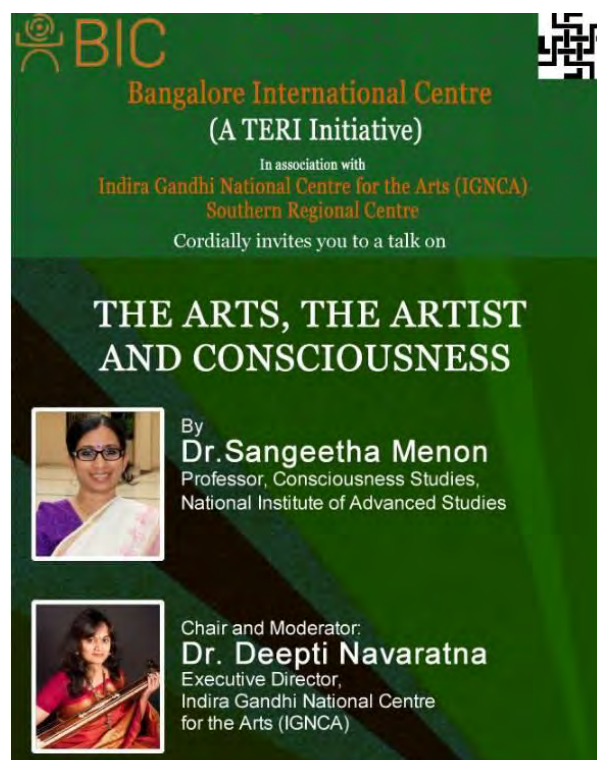
6. "Science and Consciousness at the Edge of Philosophy" – The National Science Day Lecture at the Indian Institute of World Culture (Wadia Hall) Basavangudi, Bangalore, 28 February 2019
7. "The Fundamental Puzzle of Self, and its ontological Primacy". Keynote Lecture at the Seminar organised by IIT Kanpur on Self. 25 February 2019

8. Two Invited Presentations (with live telecast) in New Delhi for the Mega Public Culture-Arts-Knowledge Festival organised by ARTH - Zee TV / IGNCA. The Focus topics were Consciousness, and Kashmir Saivism philosophy. 10 and 11 February 2019.
9. "Expressions of Life, Living and the Self" Introduction to the Public Panel discussion organized by NIAS CSP on 17 January 2019
10. "Mind, Body and Self: A Discussion on Rationality" Resource person's Lecture at the UGC Orientation Course organised by the University of Kannur on 20 Nov, 2018.
11. Beyond Thinking Structures: What Exists Between Our Body and Mind? Invited Lecture at Infosys Corporate Headquarters, Bangalore 9 October 2018
12. Delineating Body- Mind-, Self- processes, and its Philosophy and Psychology
Invited Lecture at Mount Carmel College, Bangalore, 15 September 2018
13. Indian philosophical Approaches to Mind and Consciousness
Invited Lecture at the Dept of Comparative Religion, Western Michigan University, MI, USA, 6 April 2018
14. Debates on the Self in Consciousness Studies, and an introduction to NIAS Consciousness Studies Programme. Interactive Session with the Research faculty and Vice President of Program, Fetzer Institute, Kalamazoo, MI, USA, 10 April 2018
15. *Beyond Thinking Structures: What Exists Between Our Body and Mind?*
Invited Lecture at Infosys Corporate Headquarters, Bangalore 9 October 2018
16. *Delineating Body- Mind-, Self- processes, and its Philosophy and Psychology*
Invited Lecture at Mount Carmel College, Bangalore, 15 September 2018
17. *Indian philosophical Approaches to Mind and Consciousness*
Invited Lecture at the Dept of Comparative Religion, Western Michigan University, MI, USA, 6 April 2018
18. *Debates on the Self in Consciousness Studies*, and an introduction to NIAS Consciousness Studies Programme. Interactive Session with the Research faculty and Vice President of Program, Fetzer Institute, Kalamazoo, MI, USA, 10 April 2018
19. *Desire, Life purpose and the Altruistic self: A discussion on Indian philosophy*
Lecture at the International Seminar on "Altruism, Wellbeing and Purpose: Vantage views on Planetary life, and its meaning from Biology, Indian philosophy and the Arts, JRD Tata Auditorium, National Institute of Advanced Studies, 1 February 2018
20. *Minds and Machines: Debates on the nature of intelligence and experience*
Introduction, Seminar at National Institute of Advanced Studies, 27 December 2017.
21. *That which Melts the Heart, but still has a Reason: A First person Approach to Emotions and the Self in the Natyasastra*
Lecture at the Seminar on Beyond the Rasa theory: New directions in understanding the Natyasastra, Co-organised by National Institute of Advanced Studies, and Indira Gandhi National Centre for the Arts, Southern Regional Centre, NIAS Lectyre Hall, 8 December 2017

22. *Being What Is: Consciousness in Indian traditions*, Invited Lecture for the first Indic Thoughts Festival 2017 from 17-18 Dec 2017, Grand Hyatt, Goa, organised by Indian Foundation, New Delhi.
23. *Imagination and Knowledge Acquisition: Exploring the Creative Expressions of the Learning Mind* Chairperson's introduction, ISME South Asia Regional Conference, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 28 November 2017
24. *Body Narratives and the Self: Exploring Consciousness through the Experience-beholder* Invited Lecture, National Conference on "Culture, Design & Cognition" (CDC) 2017, organised by National Institute of Design (NID), Indira Gandhi National Centre for the Arts - Regional Centre Bangalore (IGNCA RCB) and National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, 3 November 2017
25. *Beyond Mind: The Self Narratives and the Body of our Times* Invited Lecture, International Conference on "The Fragmented Self: An Interdisciplinary Exploration into the Notions of Self & Identity in Contemporary Life", Indraprastha College, University of Delhi, Delhi, 30-31 October 2017
26. *Consciousness, Well-being and the Humanising Space* Invited Lecture, International Conference on "Required Architectural Design Wisdom at Habitable Spaces", Brindavan College of Architecture, Bangalore 3-4 October 2017
27. *Distinguishing Concepts – Body, Mind and Consciousness* CSP Module for First Semester 2017 Foundation Course, NIAS PhD Programme "An Introduction to Mind, its Functions and Purpose", National Institute of Advanced Studies, Bangalore, 11 August 2017
28. *Body and the Self: A discussion on consciousness and healing* Invited Lecture for Cognitive Neuroscience (CNS) Forum - NIMHANS Lecture series National Institute of Mental Health and Neurosciences, Bangalore, 5 August 2017
29. *Beyond the Binary: Consciousness and Causality* NIAS Wednesday lecture, National Institute of Advanced Studies, Bangalore, 26 July 2017
30. *Yoga, Self-reflection and Consciousness* Invited Lecture for the Yoga Day celebration of Indian Institute of Science, Faculty Hall, 21 June 2017. <http://mhrd.gov.in/IDY/docs/iisc.pdf>
31. *Mental Health and Managing Life Stress* Chief Guest's Lecture on the occasion of International Women's day function, Naval Physical and Oceanographic Laboratory (NPOL), DRDO, Cochin, 8 March 2017
32. *Self, Purpose in Life, and Consciousness: Interdisciplinary thinking and Research* Invited Lecture for Psychology students, Mount Carmel College, Bangalore, 1 March 2017
33. *Binaries and the Unitary Consciousness: How Far the Puzzles Have Been Solved?* Invited Lecture for the International Conference "The Problem of Consciousness and the Brain/Brahman Dichotomy", organised by Dept of Philosophy, Shri Mata Vaishno Devi University, Katra, J&K, 27-28 February 2017

34. *Altrusim, Self-transcendence and Gandhian approach to Peace*
Invited Lecture for the National Conference on "Peace and Harmony: India and Canada", organised by UGC Area Study Centre for Canadian Studies, Institute of English, University of Kerala, Trivandrum, 18 February 2017
35. *The Science and Signs of Consciousness: The Western Mind and the Eastern Self*
Invited Lecture for the Seminar on "Science and Technology in the Indic Tradition: Critical perspectives and current relevance, Faculty Building, Indian Institute of Science, Bangalore, 5 February 2017
36. *Brain, Emotion and the Artist's Self*
Invited Lecture for the International Conference on "Creativity and Cognition in Art and Design" organised by National Institute of Design and National Institute of Mental Health and Neurosciences, NIMHANS Convention Centre, Bangalore, 20 January 2017
37. *Self-reflection and Self-Management*
Lecture Module for the Participants of the Sr. Executives Course Programme, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 16 January 2017
38. *Beyond the Brain: The Unifying Force of Consciousness*
"Theosophy - Science Annual Public Lecture" at the 141st International Convention, International Quarters of Theosophical Society, Adyar Chennai.
(the first woman speaker in the history of this series), 3 January 2017
[Lecture Video at https://www.youtube.com/watch?v=01JTwQMvQY4](https://www.youtube.com/watch?v=01JTwQMvQY4)
39. *Beyond the Binary: Wholeness (Purnata) and Consciousness in the Upanishads*
Invited Lecture at the International Conference on "Quantum, Reality and Shunya" organised by Indian Council of Philosophical Research and Indian Council of Cultural Relations, Azad Bhavan Auditorium, ICCR, New Delhi, 10 December 2016
40. *Feeling, Knowing and Being: Philosophical Foundations of Interdisciplinary Thinking*
Opening Introduction, World Philosophy Day sponsored by ICPR, NIAS Lecture Hall, National Institute of Advanced Studies, Bangalore, 17 November 2016.
41. *Managing the Self: Desire, Conflict and Purpose in the Bhagavad Gita*
Keynote Lecture at the International Conference, Nehru School of Management, Nila Gardens, Tiruvilvamala, Trissur, Kerala, 4 November 2016.
42. *Uncertainty: How do I know?*
Lecture at the Evening Philosophy Chat, NIAS Consciousness Studies Programme, NIAS Lecture Hall, National Institute of Advanced Studies, Bangalore, 20 October 2016.
[Read Paper - https://aboutconsciousness.wordpress.com/2016/10/18/are-you-certain-about-uncertainty/](https://aboutconsciousness.wordpress.com/2016/10/18/are-you-certain-about-uncertainty/)
43. *Philosophy of Imagination*. Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 5 October 2016.
44. *Philosophy of Mind*. Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 4 October 2016.
45. *Yoga, Mind and Self-reflection*
Lecture at the "Evening Philosophy Chat" meeting of the NIAS Consciousness Studies

46. Programme, NIAS Lecture Hall, National Institute of Advanced Studies, Bangalore, 22 September 2016. [Read Details](#)
47. *The Arts, the Artist and Consciousness*
Inaugural lecture of 'Culture and Cognition' lecture series organised by Indira Gandhi National Centre for the Arts, Southern Regional Centre, in collaboration with Bangalore International Center, TERI Auditorium, BIC, 29 July 2016
48. *Peace and its Philosophical foundations*
Multidisciplinary Debate on "Poli-So-Phical Approach to Peace", Conflict and Post-conflict societies in South Asia, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 23 June 2016. [Read Report](#)
49. *Beyond Disciplinary Limits: The Case of Consciousness Studies & Interdisciplinary Debates.*
Plenary Speaker at the annual Plenary Session on Social Sciences, Humanities and Languages at the Annual Research Retreat, Jain University, Bangalore, 22 May 2016
50. *Transhumanism, Consciousness and Technology*
Invited Lecture on 23 April 2016 at the Two-Day Symposium on the interdisciplinary implications of Norbert Wiener's work, exploring various applications for the human use of theories of automation (event presented in association with the National Institute of Advanced Studies, Indian Institute of Science Campus, Bangalore, NASSCOM, and the IEEE India Council) - organised in connection with the International conference - "Thinking Machines in the Physical World", IEEE 2016 Conference on Norbert Wiener in the 21st Century
51. *Beyond Brain and Mind: Reconciliation through Self-transformation*
Invited Lecture at the National Seminar organised by Sri Vishnu Mohan Foundation on "Peace and Reconciliation: Perspectives from Religion and Philosophy, Chennai, 2-3 March 2016.
52. *Self-challenged Brain and Brain-challenged Self*
TEDx NMIMS Lecture at Hotel Novatel, 27 February 2016, Bangalore, organised under the global platform of TEDx lectures.
[Watch Lecture Video: https://www.youtube.com/watch?v=P297MN3rkKU](https://www.youtube.com/watch?v=P297MN3rkKU)
Speaker info: <https://www.ted.com/tedx/events/17576>
53. *Self and Self-transformation: Understanding Experience and Consciousness*
Invited Lecture at the Symposium on Understanding Cognition and Consciousness through Music and Meditation, Jointly organized by the Cognitive Psychology Unit, Department of Clinical Psychology & NIMHANS Integrated Centre for Yoga, Bangalore, 8 February 2016.
54. *By the Shore of Consciousness: Healing Waves and Self-transformation*
Chief Guest and Conference Inaugural Lecture at the National Conference on "Alternative Perspectives in Psychotherapy", Kristu Jayanthi college, Bangalore, 2 February 2016.



55. *Consciousness, Cognition and Culture: Implications for the 21st Century*
Introduction to the Dec 2015 NIAS International Conference, JRD Tata Auditorium, NIAS, Bangalore 9 December 2015.
56. *Body-sense and the Somatic markers: Emotions in Consciousness studies*
International Seminar on “Decolonising the Theories of Emotions”, organised by the Institute of English, Centre for Women’s Studies, University of Kerala, and University of British Columbia, in Trivandrum, 11-13 November 2015
57. *INSIGHTS: Exploring Fundamental concepts and Foundational questions*
Thematic Introduction for the meeting on "Space", NIAS, 4th July, 2015
58. *Healing and Imagination: The Merge of the Self-other binary*
Thematic Introduction for the Evening Philosophy Chat meeting, NIAS, 29 June 2015
59. *Brain-Mind model and Consciousness-Self model: Changing Perspectives*
Invited Lecture on the occasion of the inauguration of "Cognitive Neuroscience Society of India", on the Yoga day at (NIMHANS) National Institute of Mental Health and Neurosciences, Bangalore, 21st June 2015
60. *The Ethics of Originality*
Lecture at the Panel Discussion on “Understanding Plagiarism in Academia”, NIAS, 1st May 2015
61. *The Outer Self and the Inner Body: Exteriorisation of the Self in Cognitive sciences*
Invited Lecture for the workshop, "Reasoning with Value(s): Explorations in the contemporary Milieu". Indian Institute of Management, Calcutta, 13 March 2015.
62. *Body and Self: Distinguishing the two senses*
Invited lecture at Dept of Philosophy, University of Delhi, 26 March 2015.
63. *Brain and Self: The philosophy of psychology*
Keynote Address at the 3rd international conference on "Recent advances in cognition and health", organised by Dept of Psychology, Banaras Hindu University, Banares, 19-21 December 2014
64. *Beyond Brain and Mind: A discussion on Self and Consciousness*
Keynote Lecture at the Conference titled "Mind Matter & Consciousness: Recent Trends in Philosophy and Science" organised by Kaivalyadhama Yoga Institute, Lonavala, 28-29 November 2014
65. *Self, Emotions and the Complex states of mind*
Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 21 November 2014
66. *Brain and the Interconnected Self: Science and Signs of Consciousness*
Lecture at the international meeting "Cosmology and Consciousness III – Harmony and Happiness”, Upper Tibetan Children’s Village, Dharamsala, 3-5, November 2014
67. *Wellbeing, Existence and Consciousness*
Panel Lecture at the international meeting "Cosmology and Consciousness III – Harmony and Happiness”, Upper Tibetan Children’s Village, Dharamsala, 3-5, November 2014

68. *Beyond Mind: Introduction to Self and Consciousness*
Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 12 September 2014
69. *Philosophy, philosophical thinking and the Humanities*
Lecture for the NIAS Doctoral Students Foundation Course, NIAS, 18 September 2014
70. *Values, mentoring and pedagogic guidelines for Teacher-Student relation*
Chief Guest's Lecture at the annual Teachers' day celebration programme of the University of Agricultural sciences, Bangalore, 5 September 2014.
71. *Purpose, Imagination and Common Good*
Lecture for the Evening Philosophy Chat group meeting, The Banyan tree, University of Agricultural Sciences, Bangalore, 12 August 2014
72. *Self, Desire and Mind*
Lecture for the Evening Philosophy Chat group meeting, The Banyan tree, University of Agricultural Sciences, Bangalore, 18 July 2014
73. *Brain-Consciousness nexus: Where Science and Philosophy Meet*
Lecture for NIAS-DST Training Programme for Women Scientists, NIAS, February 14, 2014.
74. *Brain, Self and Consciousness: Explaining the conspiracy of experience: An Introduction to Consciousness Studies.* NIAS Wednesday Lecture, 27 November 2013, National Institute of Advanced Studies, Bangalore
75. *Brain, Body and Consciousness: An Introduction to Interdisciplinary Dialogues in Consciousness Studies.* Invited Lecture at Sambodh Centre for Human Excellence, Kalamazoo, Michigan, 2 October 2013.
76. *Consciousness, Self-transformation and Yoga-dharma*
Invited Lecture at the International Conference organized by Dept of Religious Studies, University of Southern California, LA, 20 October 2013.
77. *Self-Management and the Bhagavad Gita*
Invited Lecture organised by National Institute of Personnel Management (Vishaka Chapter) at King Court Hall, Hotel Royal Forte, Vishakapatnam, 7.00 to 8.30 pm, 19 July 2013
78. *Excellence in Learning*
Invited Lecture and interactive session at the Sri Prakash Vidya Niketan School for 10th Grade students, Vishakapatnam, 10.00 to 11.00 pm, 18 July 2013.
79. Public Lecture series (5 lectures) on "*The psychology and philosophy of the Bhagavad Gita*" for the staff and students of Gitam University, and the public, organised by Gitam University, Vishakapatnam, 15-19 July 2013
Themes:
 80. Sorrow and Ironies of Life
 81. Desire and its Discontent
 82. Agent and Action
 83. Body and Consciousness
 84. Knowledge and Freedom

85. *Emotion, Embodiment and Neural Challenges: A discussion on neuropsychiatry and cognitive neurosciences*. Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 24 June 2013, 3.00 to 5.00pm.
86. *Brain and Self: Explaining Everyday Experiences*
Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 18 June 2013, 3.00 to 5.00pm.
87. *Interdisciplinary Dialogues in Consciousness Studies: An introduction*
Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 12 June 2013, 3.00 to 5.00pm.
88. *Brain, Being and Consciousness: A discussion in neuroscience and neurophilosophy*
Public Lecture, as part of the Lecture series on 'Being in Philosophy' organised by Indian Institute of Technology-Chennai, and Sri Vishnu Mohan Foundation, Chennai, 25 March 2013.
89. *Why 'She' is 'Me'? A comparative discussion on the Body and the Self*
Plenary Lecture, International Conference, Tucson Toward a Science of Consciousness series
Dayalbagh Educational Institute, Agra, 5 March 2013
[Watch the Video of the Lecture](#)

Teaching and Doctoral Supervision (2014-2018)

a. Doctoral Courses offered and other Course modules

1. **Tracing the Self - Local Phenomenologies and Indigenous Healing Traditions of Kerala**
2018-CSP-01 (3 credits)
2. **Thinking Experiences, and Experiencing Thoughts: Foundations of Philosophy In Framing Our Minds, Beliefs and Actions**
2018-CSP-02 (4 credits)
3. **An Introduction to Consciousness Studies** (2 credits Course CSP-2-1, 2015)
Coordination and Concept: Sangeetha Menon
Course Instructors: Sangeetha Menon, Lalit M Patnaik, Venkat Rayudu, Anindya Sinha, Nithin Nagaraj, V V Binoy and Sisir Roy.
4. *Guided writing courses:*
 - a. **Self-conscious emotions in Sanskrit poetics: Focusing cultural psychology with emphasis on Indian psychological approaches**
2016 First semester, NIAS
 - b. **Abhinavagupta's concept of bhAva and vimarSa**
2016 First Semester, NIAS
5. **Behaviour, Cognition, Consciousness**, Consciousness Studies Programme
Second Semester 2015, at National Institute of Advanced Studies, Bangalore

6. **Research Writing and Communication**, a Closed Discussion group (by invitation) for primarily for CSP Doctoral students, interns and associates, through Facebook E-groups, 2014

b. Organised the below Courses for NIAS Consciousness Studies Programme

1. Course CSP-1-2: Conceptual Mathematics for Cognitive Neuroscience (1 credit, 2015)
Course Instructor and Concept: Venkat Rayudu
2. Course CSP-2-3: Computation and Cognition: An Introduction (2 credits, 2015)
Course Instructor and Concept: Lalit Patnaik
3. Course CSP-2-4: Brain, Self and Cognition: Building Concepts & Frameworks (2 credits, 2015) Course Instructor and Concept: Sangeetha Menon and Gagan Deep Kaur

The above Courses were also managed through an online platform of the NIAS Consciousness Studies Programme Website.

4. As part of the Consciousness Studies Programme, coordinated: “An Introductory Course on "Mind, its Functions and Purpose" Credits: 1; 2017; Tutors: Sangeetha Menon, Nithin Nagaraj, Binoy VV, LM Patnaik, Sisir Roy and Anindya Sinha

c. Course Lectures and Modules

1. **Delineating Body- Mind, Self- processes, and its Philosophy and Psychology**
Course module for Psychology Masters students of Mt Carmel College, Bangalore, 15 September 2018



2. **What is it to think and do philosophy?**
Course module for Research Methodology Course, First Semester 2018, 14 August 2018
3. **Mind and its Methods in Psychology and Arts**
Course module for Research Methodology Course, First Semester 2018, 16 August 2018
4. **Distinguishing Concepts – Body, Mind and Consciousness**
CSP Module for First Semester 2017
5. **An Introduction to Mind, its Functions and Purpose**
Foundation Course, NIAS PhD Programme, National Institute of Advanced Studies, Bangalore, 11 August 2017

6. **Philosophy of Mind**

Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 5 October 2016.

7. **Philosophy of Imagination**

Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 4 October 2016.

8. **An Introduction to Consciousness Studies**

Lecture for CSP Course2-1, National Institute of Advanced Studies, Bangalore, August 2015

9. **Science and Signs of Self in Consciousness Studies**

Lecture for CSP Course2-1, National Institute of Advanced Studies, Bangalore, November 2015

10. **Self, Emotions and the Complex states of mind**

Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 21 November 2014

11. **Beyond Mind: Introduction to Self and Consciousness**

Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 12 September 2014

12. **Philosophy, philosophical thinking and the Humanities**

Lecture for the NIAS Doctoral Students Foundation Course, NIAS, 18 September 2014

Research Guidance and Supervision for Doctoral Students (2014-2018)



▪ **Lakshmi Kutchibotla, NIAS**

Supervisor: Sangeetha Menon

Topic: Self and Wellbeing: A qualitative approach with focus on the Mahabharata. Thesis submitted and Doctoral degree awarded in 2015 by Dept of Psychology, Mysore University

▪ **Namitha Kumar, NIAS**

Supervisor: Sangeetha Menon

Topic: A Study of Subjectivity and Selfhood in the Context of Subjects with Physical Disabilities: A Theoretical Approach
Thesis submitted and Doctoral degree awarded in 2016 by Dept of Psychology, Mysore University



- **Sabina Sweta Sen, Exeter University**

Topic: Sense, Essence and Body in Oddissi dance.
Thesis submitted and Doctoral degree awarded in 2015 by University of Exeter, UK)



- **Aneesha Sharma, IIT-Mumbai**

Co-Supervisor: Sangeetha Menon
Topic: A study of 'Let go' experience in visual artists and designers
Thesis submitted and Doctoral degree awarded by IIT Mumbai in 2012



- **Shankar Rajaraman (MBBS), NIAS**

Topic: Self-conscious Emotions and Indian Psychology
Thesis submitted in March 2018



- **Themistoklis I. Pentakalos**

(Fielding Graduate University, Santa Barbara)
Eternal Examiner, Degree awarded.
Topic: Illuminating the non-dual self through the writings of Ramana Maharsi and Nisargadatta Maharaj.

- **Siddharth, S NIAS**

Topic: Metaphysics of Conscious Experience
(4th Year at NIAS)



- **Meera Kumar Menon, NIAS**

Topic: Word and Will: A Study of Kerala Mantravada tradition. (1st year at NIAS)



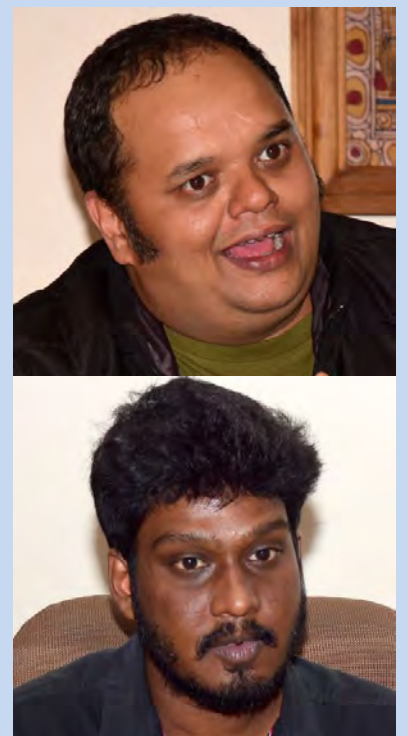
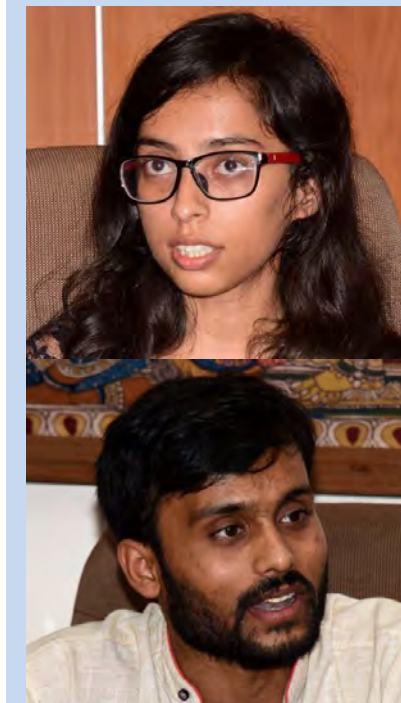
- **Niharika Sharma, NIAS**

Topic: Parāsamvit and Pratyabhijñā:
An Onto-Epistemic Enquiry in Kashmir Shaivism
(1st Year at NIAS)



Research Guidance and Supervision for Research Associates

- **Amrutha MK**
Research Associate, NIAS CSP
1st year
Topic: A theoretical study of “Sarpam Tullal” and “Tira” in the background of Kerala Folk arts, and Analysis using Abhinavagupta Aesthetics
- **Rakesh Kumar**
Research Associate, NIAS CSP
1st year
Topic: Study of Tribal Medicine and Mantravada tradition in Kerala
- **Prashanth Noorjet**
Research Assistant, NIAS CSP
2018
Topic: Self, Cultural psychology and Ritual arts of Kerala
- **PD Satish Chandra**
Research Associate & Documentation Specialist, NIAS CSP
2018
Conceptualising and Documenting the studies of the Tata Trust NIAS CSP Projects
- **Sukanya G**
Research Associate, NIAS CSP
1st year
Topic: Healing and Medical practices of Tribal communities of Kerala
- **Dr. Saurabh Todariya**
Research Associate, NIAS CSP
1st year
Topic: Embodiment, and Body in Kashmir Saivism and Phenomenology



Research Guidance and Supervision for Post-Doctoral Associates

- **Gagan Deep Kaur, 2015-2016**
Topic: Investigation of the cognitive properties of a cryptographic system, called, talim, used in Kashmiri-carpet designing.
- **VK Deepa Nambiar, 2018-2019**
Topic: Tribal Medicine and Healing Traditions of Kerala: Case Studies and Documentation
- **Shankar Rajaraman, 2018-2019**
Topic: Consciousness in Kashmir Saivism, with Textual Studies

Research Guidance and Supervision for Research Interns

- **Runita Shirdankar** from Sophia College, Mumbai. Topic: Freewill, Philosophy and Brain studies. 2017
- **Bhavna Rawat** from “Teach for India programme, Delhi”. Topic: Using Narratives as tool of instruction. 2017
- **Anusha Rao** from University of Hyderabad Topic: Satire on Religion in Sanskrit literature. 2016
- **Lakshmi Pillai** from Cognitive Science Centre at IIT Gandhinagar. Topic: Nature of Experience and Literary narratives. 2016
- **Andrew Korah** from Christ University Topic: Self and personal identity in science fiction movies. 2016
- **Sr. Ann Maria** from Christ University Topic: Poetry on Nature and Elements of Transcendence. 2016
- **Karthikeyan Palaniswamy** from IIT-Gandhinagar Cognitive Sciences Centre) Topic: Self in Rubberhand illusion experiments. 2016
- **Adityanarayan Ravishankar** (MA, Delhi University) Topic: Self as process and the existential lack. 2016
- **Jillian Katz** from Brain and Cognitive sciences Programme, MIT Topic: Inner speech and introspection as ways to access thought. 2016
- **Pallavi Verma** from Christ University Topic: ESP and common misperceptions. 2015
- **Meera Kumar** from Christ University Topic: Desire and Self –Representation: A psychosocial study of the Malayalam novelette ‘Agnisakshi’. 2014



Research Guidance and Supervision for NIAS Mani Bhaumik Short Term Fellows

- **Geetha Anand**
Topic: Body, Self and Consciousness in Tamil Siddha Philosophy
Oct. 2014 – Dec. 2014
Outcome: Paper published (2017) in International Journal of Dharma Studies
<https://link.springer.com/article/10.1186/s40613-016-0045-5>
- **Sathya Narayana Sharma**
Topic: Desire, Emotions and Self: A philosophical study of the psychology of autism

Sangeetha Menon, NIAS-2019

Aug. 2014 – Nov. 2014

Outcome: A theoretical essay/report based on literature review was completed.

- **Pravesh Parekh**

(Supervised along John P John, NIMHANS)

Topic: Study of Altered Self-consciousness in Schizophrenia using a Connectionist approach

Dec. 2014 – Jan. 2015, Aug. 2015 – Oct. 2015

Outcome: Report Submitted to NIAS, and also to a Journal.

Study results presentation selected for international conference on “Brain informatics and health”, October 2016, Nebraska

- **Pankaj Taylor**

(Supervised along with V V Binoy, and Sandhya M, NIMHANS)

Topic: The impact of mild and moderate stroke and head injury on the Autobiographical memory and the Self. Mar. – Jul. 2015

Outcome: 1 journal paper, 3 conference papers

Supervision as Evaluator/External Examiner for Doctoral Theses

External Examiner, Doctoral Thesis, “*Bhakti poetry through a reading of four women mystics and in the larger context of understanding body and consciousness*”, Uma Ramakrishnan, Institute of English, Kerala University (Trivandrum). 2015

Chairman for conducting the Open defence of Smt Uma Ramakrishnan.

“*Narrating Consciousness in the Bhakti Repertoire with focus on four women mystics - Andal, Akka Mahadevi, Lalleshwari and Bahina Bai of the Bhakti continuum*”. Institute of English, Kerala University (Trivandrum). 26 Nov 2015

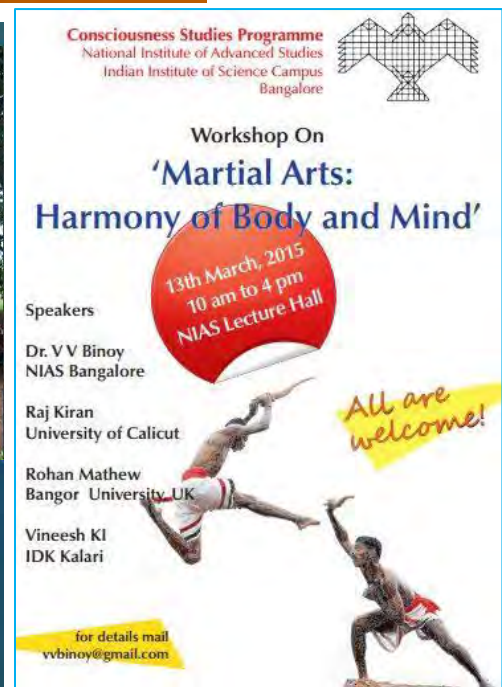
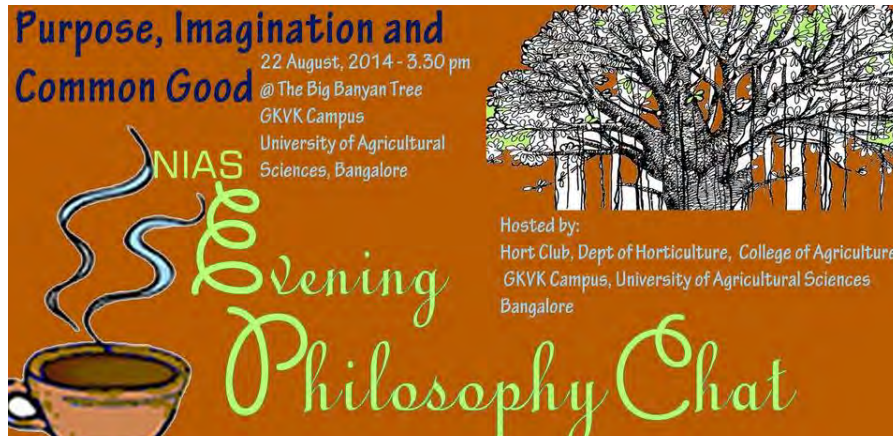
"Expert Review" on the Doctoral Thesis synopsis of Rajani Anand on "*Impact of the Bhagavad Gita on Leadership, Communication, Motivation & Decision making (L-CMD) Processes in the Corporate World*". Banasthali Vidyapith, Banasthali, Rajasthan, 2016

External Examiner, “*An Analytical Study of Contemporary Spiritual Movements Lessons for Corporate and Social Transformation*”, Gauri Anand. Banasthali Vidyapith, Banasthali, Rajasthan, 2014

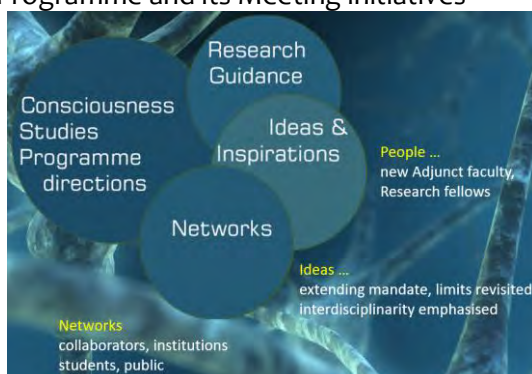
Outreach Conferences, Seminars and Meetings Organising & Leadership (2014-2018)

1. Management and Leadership for the overall functioning and initiatives of the NIAS Consciousness Studies Programme as its Head, and Mentor.
2. Management and Leadership for the Tata Trust NIAS CSP Projects and its personnel.

3. Conceptualized and Designed the following ongoing Discussion and Presentation Meeting series for NIAS Consciousness Studies Programme:
 - Evening Philosophy Chat (EPC)
 - INSIGHTS ([Please click here to read the Thematic Note](#))
 - The Reading Glass



4. Conceptualised and Designed Website and Facebook pages for NIAS Consciousness Studies Programme and its Meeting initiatives



5. **Brain-storming Meeting** supported by Cognitive Science Research Initiative, Dept. of Science & Technology, Govt. of India Mani Bhaumik Educational Foundation 11-12 December 2014 JRD
Sangeetha Menon, NIAS-2019

Tata Auditorium, NIAS on “Consciousness, Cognition and Culture: Implications for the 21st Century”. [Please Click here for the meeting details.](#)

6. **“Consciousness, Cognition and Culture: Implications for the 21st Century”** - An international Conference for researchers, scholars and students to discuss brain, self, cognition and consciousness, in December 2015. The [Conference Programme](#) focused on significant themes that have overarching implications for the humankind, its future and wellbeing. [Please click here for Flyer and Conference Themes](#)

[Conference Photographs](#)

[Webcasts of Lectures](#)

[Pre-Conference Booklet](#) published by NATURE India

NATURE India [Blog article – Please Click here](#)

NIAS Conference [Report – Please Click here](#)



7. Coordinated with CSP colleagues the visit of HH the 14th Dalai Lama on 7 Dec 2015 to NIAS receive the NIAS Distinguished Fellow oration



8. **International Seminar on Altruism, Wellbeing and Purpose from 1-2 February 2018, NIAS**

Is altruism a fundamental aspect of life and living, and the universe? In almost all of wellbeing studies the two life traits that clearly emerge are 'meaning' and 'purpose'. This international meeting jointly co-organised by METI and NIAS brought together biologists, mathematicians, psychologists, psychiatrists, economists, philosophers, physicians, and artists to dialogue on Altruism, Wellbeing and Purpose, presenting vantage views on Planetary life and its Meaning.

<http://niasconsciousnesscentre.org/B/Events/altruism-1Feb2018.html>

[Read Seminar Themes and Abstracts](#)

ALTRUISM, WELLBEING & PURPOSE
 Vantage views on Planetary life and its Meaning
 from Biology, Indian Philosophy and the Arts
 An International Seminar presented by METI (Messaging Extraterrestrial Intelligence), USA and NIAS (National Institute of Advanced Studies), India
 organised by NIAS Consciousness Studies Programme
 1-2 February, 2018
 JRD TATA AUDITORIUM
 NIAS, Bangalore, India
 Seminar Speakers
 To Attend Send Email to: NIASCONSCIOUSNESSPROGRAMME@GMAIL.COM

9. **Seminar on Rasa Theory, 8 Dec 2017, Co-organised with IGNCA-SRC at NIAS**

8 DEC 2017, NIAS LECTURE HALL
 NATIONAL INSTITUTE OF ADVANCED STUDIES, Bengaluru
BEYOND THE RASA THEORY
 New Directions in Understanding the Natyasastra
 A JOINT SEMINAR ORGANISED BY
 INDIRA GANDHI NATIONAL CENTRE FOR THE ARTS, REGIONAL CENTRE BENGALURU, &
 NATIONAL INSTITUTE OF ADVANCED STUDIES
 Speakers
 Shatavadhani Ganesh
 Gautam Chatterjee
 Pravin Bhole
 Sulini Nair
 Mythili Anoop
 Shankar Rajaraman
 Concept by
 Deepti Navaratna
 Sangeetha Menon



10. **Minds and Machines: Debates on the Nature of Intelligence and Experience**

[Click here for Seminar Booklet with Themes and Lecture Abstracts](#)

MINDS & MACHINES: DEBATES ON THE NATURE OF INTELLIGENCE AND EXPERIENCE

**27 DECEMBER 2017
NIAS LECTURE HALL**

A One Day Workshop with
Experts from Machine
Intelligence, Big Data, Mental
Health, Information Theory,
Brain Imaging Technologies,
Music, Aesthetics, Philosophy
of Mind, & Social Cognition



What will the Workshop discuss?

human-machine interactions; machine Intelligence;
complexity & information theory; consciousness;
self-awareness; social interaction and cognition;
aesthetic intelligence;
self; self-identity; intelligence

**NIAS CONSCIOUSNESS STUDIES PROGRAM
NATIONAL INSTITUTE OF ADVANCED STUDIES**



11. NIAS Consciousness Studies Programme INTERINSTITUTIONAL BRAINSTORMING MEETING -1 on **"Charting the Path for the Future of Consciousness Studies in India"**, 17 November 2017 – 10.30 – 1.00 pm, at National Institute of Advanced Studies, along with Indian Institute of Science, S-VYASA, NIMHANS, and IGNCA-SRC



12. Collaborative Programme meeting at S-VYASA on 15 August 2017



13. Three public lectures by Prof. Roy Perrett, Prof. Stuart Hameroff, and Prof. Kisor Kumar Chakrabarti (sponsored by ICSSR) on behalf of the Consciousness Studies Programme, 2017
14. Meetings of "The Reading Glass", and "Evening Philosophy Chat".

NIAS Institutional Work Completed (2014-2018)

- Steered the processes for the appointment of *Communication officer* Selection committee, and also coordinated from the start of preparing the Advertisement to the final shortlisting and final selection through a Committee.
- Primarily, member of the NIAS Excellence Committee, Institutional Personnel Policy Committee, NIAS Doctoral Committee, NIAS Library Committee etc. Was also member of the selection Committee for NIAS Doctoral students in 2015, 2016 and 2017.
- Committee Member of NIAS Coffee Table Book
- Committee Member of Faculty Appointment Committee
- Committee Member of Institutional Grievances Committee
- Made Presentations on NIAS Consciousness Studies Programme to TCS, Titan, Council members et al. during 2013-2017

- **NIAS Institutional Reports & Documents Prepared:**
 - i. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - October 2014 – March 2015
 - ii. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - April 2015 - September 2015
 - iii. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - October 2015 - March 2016
 - iv. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - April 2016 - September 2016
 - v. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - October 2016 - March 2017
 - vi. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - April 2017 - September 2017
 - vii. Six monthly NIAS Interim Report for the Jamshetji Tata Trusts - October 2017 - March 2018
 - viii. Report on NIAS for the Railway Ministry, Govt of India, November 2015
 - ix. Report on NIAS for the Department of Scientific and Industrial Research, Govt of India – 2013-2015 [submitted in January 2016]
 - x. Compiled and Edited NIAS Brochure since 2007 until 2015
 - xi. Compiled and Edited NIAS Annual Report since 2010 until 2018

- **NIAS Training Programmes organised:**
 - DST Course for Women Scientists in 2014
 - DST Course for Women Scientists in 2015
 - DST Course on Senior Scientist Administrators on “Policy for Science and Science for Policy” in 2016
 - DST Course on Senior Scientist Administrators on “Policy for Science and Science for Policy” in 2017
 - DST Course on Senior Scientist Administrators on “Policy for Science and Science for Policy” in 2018
 - DST Course on Senior Scientist Administrators on “Policy for Science and Science for Policy” in 2019

- **NIAS Institutional Outreach**
 - Coordinator of NIAS Wednesday Discussion Meetings (until January 2019)
 - NIAS Newsletter (conceived, designed and launched the first electronic Newsletter of NIAS (quarterly) in September 2015
 - Editorial Member for NIAS Newsletter (until January 2018)
 - Started NIAS Institutional Facebook page, and continue to be the ‘Admin’ and Content Reviewer for the same.

Distinguished Memberships, Outreach Meetings and Recognitions (2014-2018)

Review Meetings

- NIAS SVYASA Discussion Meeting on 15 August 2016



- Reviewer for the Consultative Meeting on Indian Psychology and Mental Health at NIMHANS organised by Department of Clinical Psychology in association with NIMHANS Integrated Center for Yoga, on 5 September 2017 at NIMHANS



- Delivered Jain University Annual Retreat Humanities Lecture 2016



Sangeetha Menon, NIAS-2019

- Inaugural Lecture at the National Conference on “Alternative Perspectives in Psychotherapy”, Kristu Jayanthi college, Bangalore, 2 February 2016.



- TEDx NMIMS Lecture at Hotel Novatel, 27 February 2016, Bangalore, organised under the global platform of TEDx lectures - Self-challenged Brain and Brain-challenged Self
Lecture Video: <https://www.youtube.com/watch?v=P297MN3rkKU>



11.00 a.m. – 11.15 a.m. : Tea Break

11.15 a.m. – 12.00 p.m. : **Sangeetha Menon**
*Body-sense and the Somatic markers:
 Emotions in Consciousness Studies*



Sangeetha Menon is Professor & Head of the NIAS Consciousness Studies Programme, at the National Institute of Advanced Studies, in the Indian Institute of Science campus, Bangalore (India). Sangeetha is a philosopher with keen interest in consciousness. She works with her colleagues at NIAS and collaborators across the world in creating and encouraging a first-person centered approach to understanding consciousness and cognitive capabilities that favours experiential well being. Her latest book is *Brain, Self and Consciousness: Explaining the conspiracy of experience* (Springer, 2014).

International Seminar on
*Decolonizing
 Theories of the Emotions*

11-13 November, 2015
 Hotel South Park, Thiruvananthapuram

 Centre for Women's Studies
 University of Kerala

 **SAMYUKTA**
 A Network of Women's Studies

- Project Orientation Meeting of the Tata Trust Projects Team (2018-2022), and Introductions with NIAS Director



Nominated Board Member

- Board Member, International Association for Transpersonal Psychology (2009 to 2018)
- Nominated Fellow, International Society for Science and Religion, Cambridge (2009 to current)
- Coordinator from India for CS-DC UNESCO UniTwin international collaborative venture
- Member, American Academy of Indic Studies (a new initiative that is being developed with several scholars from India covering humanities, social sciences and the arts)

Invited Committee Member

- Task Force Member, CSRI – Cognitive Science Research Initiative, DST, Govt of India (2012 – to current)
- Council Member, Indian Council of Philosophical Research, Government of India (2012-2016)
- Advisor - NAC (National Advisory Committee) IIT Kanpur for the Interdisciplinary Program (IDP) in Cognitive Science
- Committee Member, Institutional Committee for Human Ethics, Indian Inst of Science, Bangalore
- Committee Member, Institutional Committee for Stem Cell Research, Indian Inst of Science, Bangalore
- Committee Member, Institutional Committee for Stem Cell Research, NCBS – InStem, Bangalore
- Committee Member, Institutional Committee for Stem Cell Research, JNCASR, Bangalore
- Committee Member, Institutional Committee for Stem Cell Research, Stempeutics, Manipal
- Member, Scientific Advisory Committee, Institute for Communicative and Cognitive Neurosciences (ICCONS), Palakkad
- Member of Committee constituted by Pondicherry University VC for Faculty appointment – Dept of Philosophy
- Reviewer & Programme Committee Member - 2nd Annual Conference on Cognitive Science, 5-8 July 2015, IIT Kanpur, Kanpur
- Review and Mentoring of Research Project proposal for *Cognitive Science Research Initiative*, DST: - *Conceptual Frame work of Cognitive Poetics: A Study Based on Early Malayalam Poetry* by Dr PM Girish, Dept. of Malayalam, University of Madras.
- UPSC mock Interview Committee member, Shankar IAS Academy, Chennai

Invited Advisory Roles

- Academic Council Member, Transdisciplinary University (TDU) (2019 – to current)
- Advisor, METI International (2018 – to current)
- Senior Expert in the Doctoral Committee of “Institute of Behavioral Science”, nominated by Director General of Gujarat Forensic Sciences University, Gandhinagar, Gujarat.

Adjunct Positions

- Honorary University Fellow, University of Exeter, UK
- Adjunct Faculty, Gitam University, Andhra Pradesh
- Visiting Faculty, Shankar IAS Academy, Chennai

Journal Editorial Board Member

1. Editorial member of Editorial Board of Science, Religion, and Society: An Interdisciplinary Journal, University of Saskatchewan, Canada
2. Editorial Board member of American Journal of Indic studies
<https://journals.library.unt.edu/index.php/indicstudies/about/editorialTeam>
3. Editorial Board member of the Journal of Cultural cognitive Science Research (Springer-Nature)

4. Editorial Board Member of Tatva – the Institutional Journal of Christ Universit

Reviewed Research papers/Book manuscripts for the below Journals and Publishers:

- *Philosophy of Psychology* ; - *Interdisciplinary Description of Complex Systems*
- *Journal of Consciousness Studies* ; - *Journal of Transpersonal Psychology*
- *Philosophy Today* ; - Routledge [Taylor & Francis] – reviewed Single Authored Book manuscript
- Springer – reviewed Edited Volume Book proposal



**PAINTING TITLED “INDIGENOUS HEALING EYES”
BY SANGEETHA MENON (June 2018)**



Sangeetha Menon, Ph.D
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Website: <http://niasconsciousnesscentre.com/sm-cv.html>

Prof. Sangeetha Menon is a philosopher-psychologist.. Her educational background is in biology, philosophy and psychology. A gold-medalist and first-rank holder for postgraduate studies, she received national University Grants Commission fellowship for her doctoral studies for five years. She is a Professor at the National Institute of Advanced Studies, in the campus of Indian Institute of Science and joined NIAS in 1996, with particular interest in consciousness studies. She heads the Consciousness Studies Programme at NIAS.

Dr Menon has been working in the area of consciousness studies for over twenty years. She has given numerous lectures and presentations in her country and also in United States, Europe and Australia on wide-ranging issues relating to consciousness, mind, and science-spirituality interface issues. Her publications cover areas that concern consciousness studies, brain sciences, altruism, aesthetics, Indian psychology and science-spirituality-art dialogues. The Journal of Transpersonal Psychology (in 2002) and the Association for Transpersonal Psychology (in 2013) have published reports on her research work and contributions to theories of self-transformation. She has several publications in peer-reviewed journals, and has contributed chapters on a variety of issues relating to science & religion, self, mind and consciousness. Her chapter on “Hinduism and Science” that appeared in the Oxford Handbook of Religion and Science (2006, OUP) gives a fresh outlook on this issue. She has also authored few monographs on consciousness in the context of Indian thought.

Her latest books published by Springer are: “Brain, Self and Consciousness: Explaining the conspiracy of experience; and the edited volume “Interdisciplinary Perspectives on Consciousness and the Self”. Her other books include "The Beyond Experience: Consciousness in Bhagavad Gita" (2007), "Consciousness, Experience and Ways of Knowing: Perspectives from Science, Philosophy and the Arts" (2006, NIAS), "Science and Beyond: Cosmology, consciousness and technology in Indic traditions" (2004, NIAS), "Consciousness and Genetics" (2002, NIAS), "Scientific and Philosophical Studies on Consciousness" (1999, NIAS) and "Dialogues: Philosopher meets the Seer" (2003).

With her colleagues she has been responsible for organising many interdisciplinary national and international meetings on consciousness, and to bring leading members from the scientific community and philosophical world for constructive dialogues. The courses she offers for doctoral students primarily focus on the nature of self, consciousness and human wellbeing. She has co-organised landmark national and international conferences in India such as “Scientific and Philosophical Studies in Consciousness” (1998, NIAS) which was the first conference in India on this subject bringing together scientists, philosophers et.al to seek answers for fundamental questions on consciousness and human identity. The other major conferences she has organised are “Science and Metaphysics: Consciousness and Genetics” (2002, NIAS); “Science and Beyond” (2003, NIAS); “Consciousness, Experience and Ways of Knowing” (2006, NIAS) and “Looking Within: Interdisciplinary approaches to consciousness” (2012, NIAS), "Consciousness, cognition and culture: Implications for the 21st century" (2015, NIAS). Major scientific and philosophical institutions in India, United States and Europe have supported these conferences.

Dr Menon is a member of the National Task Force “Cognitive Science Research Initiative” set up by Dept of Science and Technology, Govt. of India. She was nominated by Government of India in 2012 as a Council member of the Indian Council of Philosophical Research. Dr Menon is an Honorary Fellow of the School of Humanities of the University of Exeter. In the past, she has been invited to be an Advisor for the programme on Art/Science/Spirituality Reconnections being jointly organised by Al Andalus Foundation and Leonardo/OLATS. Presently, she is a Board Member of the International Association for Transpersonal Psychology, and Asia Consciousness Society. She is an Advisor for the Dharma Association for North America a leading association for Indian Diaspora in North America. She also works with non-profit educational and charity foundations and is a Trustee of Sambodh Foundation, India.

In August 2007 she was invited to be a distinguished member of the International Society for Science and Religion whose 100 plus invited members, in science, philosophy and other disciplines, include Nobel laureates. She was awarded two prestigious national awards for her achievements in the field of consciousness and Indian contributions. She was awarded the national award of "Young Philosopher Award" from Indian Council of Philosophical Research, for her research work in 2003.

Dr Menon has visited and spoken at many Universities in her country, United States, England and Australia; London, Oxford, Germany, Paris, Rome, Spain, Melbourne, Japan, Singapore, Taiwan and Moscow. She was a Visiting Professor at the Oxford Centre for Hindu Studies (OCHS), Oxford University (Trinity Term, 2007), and at the Nanzan Institute of Religion and Culture, Nanzan University, Japan (Fall, 2007). She was invited to be a panelist at the World Parliament of Religions, Melbourne 2009, on three sessions that were sponsored by ISSR on Science, Spirituality and Environment. Along with her, the seven panellists included Dr Peter Doherty the Nobel prize winner for Medicine in 1996.

Apart from her academic interests she writes poetry, fiction, and is an avid photographer, artist and web-designer. She also spends her time for charity activities.

For further details see <http://niasconsciousnesscentre.com/sm-cv.html>



Sangeetha Menon

Dean, School of Humanities

Professor & Head, NIAS Consciousness Studies Programme

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Blog: <https://aboutconsciousness.wordpress.com/>
<https://niascsp.com/>

Sangeetha Menon joined National Institute of Advanced Studies, in January 1996, in the Indian Institute of Science campus, Bangalore (India). Her interview and appointment was led by an illustrious group of scientists: Dr Raja Ramanna (Founding Director of NIAS), Prof CV Sundaram, Prof BV Sreekantan and Prof RL Kapur. Subsequently she conceptualised and commenced the NIAS Consciousness Studies Programme along with BV Sreekantan (former Director, TIFR and Honorary Professor, NIAS). This was the first academic group in India to study consciousness with an interdisciplinary and a multidisciplinary mandate.

Sangeetha is a philosopher with keen interest in consciousness. Her major area of research is in philosophy of psychology. Her expertise is in Indian philosophy, consciousness studies, philosophy of psychology, philosophy and psychology of self. She works with her colleagues at NIAS and collaborators across the world in creating and encouraging a first-person centered approach to understanding consciousness and cognitive capabilities that favours experiential wellbeing for all. Dr Menon's professional qualifications include degrees in biology and philosophy. She is a first rank holder and gold medalist from Maharaja's College for Women, Trivandrum for post-graduate degree in philosophy. The thesis for her doctoral degree, from University of Kerala, is on the concept of consciousness in the Bhagavad Gita which was completed with junior and senior research fellowship from University Grants Commission, India.

RESEARCH

Sangeetha Menon started her research with a comparative study of consciousness, from the East and the West, with focus on the theories of agency, emotion, freedom, self, and human wellbeing in the Bhagavad Gita. Subsequently she focused on Indian philosophical concepts criss-crossing the works of philosophers such as Sankaracharya, Abhinavagupta, Narayana Guru et al. and also bringing in Indian aesthetics and dramaturgy to understand cognitive dimensions of creative expressions and personal agency. Her initial papers argue

for an epistemological shift that considers the ontological primacy of self, and the importance of the *experiencer* that would present the 'harder problem' of consciousness. While some of her initial studies were deeply metaphysical and philosophical in approach, she moved on to engaging philosophy with biology and psychology to understand the primary issue in consciousness, which is the 'self'. She is one of the originators of the field of Indian psychology, guiding research in the area of wellbeing studies, life-sustaining values, self-transformation and artistic experience. One of her primary contributions in consciousness studies is in presenting and engaging with the concept and experience of self from the neurobiological and philosophical point of views, and theorising a 'self-challenged brain and brain-challenged self'.

BOOKS

Sangeetha Menon's works have been published by Springer, Oxford University Press, Cambridge University Press, Pearson Education, International Society for Science and Religion (Cambridge), Nanzan Institute for Religion & Culture (Japan), Munshiram Manoharlal Publications and others.

"Self, Culture and Consciousness: Convergences in Knowing and Being"

Editors: Sangeetha Menon, Nithin Nagaraj and VV Binoy, Springer-Nature, Singapore 2017

<https://link.springer.com/book/10.1007/978-981-10-5777-9>

"Consciousness, Cognition and Culture: Implications for the 21st Century". Pre-proceedings book published by *Nature India* (Nature Publishing Group), 2015. , 106 pages. [in connection with the international conference by the same title organised by NIAS Consciousness Studies Programme in Dec, 2015.

[Click here for the e-book](#)

"Brain, Self and Consciousness: Explaining the conspiracy of experience"

Sangeetha Menon, Springer 2014

"Interdisciplinary perspectives on Consciousness and the Self"

Editors. Sangeetha Menon, Anindya Sinha, BV Sreekantan", Springer, 2014

"The Beyond Experience: Consciousness in the Bhagavad Gita"

Sangeetha Menon, BlueJay Books, New Delhi, 2007

"Public Risk Perception"

Editors. Malavika Kapur, Dilip Ahuja, Sangeetha Menon, NIAS, Bangalore, SP3-2013

"Nature and Culture"

Editors. Roddam Narasimha and Sangeetha Menon, Project on the History of Science, Philosophy and Culture, Vol. XIV, Centre for Studies in Civilisations, New Delhi, 2011

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Settar, Anita Nair et al.)

"Binding Experiences: Looking at the Contributions of Adi Sankaracarya, Tuncettu Ezuttacchan and Sri Narayana Guru in the Context of Recent Discussions on Consciousness Studies"
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Binoy V.V., Vashishta I., Rathore A., Menon S. (2017) Autobiographical Memory: Where Self, Wellbeing and Culture Congregate. In: Menon S., Nagaraj N., Binoy V. (eds) Self, Culture and Consciousness. Springer NATURE, Singapore, pp.179-189

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Consciousness and Cognition

Sangeetha Menon

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Parekh P, John JP, **Menon S**, Halahalli H, Kutty BM. "Functional connectivity patterns underlying the experience of auditory verbal hallucinations in patients with schizophrenia". Report on the collaborative study with NIAS-Mani Bhaumik Fellowship for Pravesh Parekh from NIMHANS.

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In: Interdisciplinary perspectives on Consciousness and the Self, Eds. Sangeetha Menon, Anindya Sinha, BV Sreekantan Springer, 2014

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consciousness Sangeetha Menon, 2013

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Culture in Indian Civilisation series, Ed. Girishwar Mishra, Centre for Studies in
Civilisations and Munshiram Manoharlal Publications, New Delhi, pp 387-402

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A first-person approach to aesthetic emotions in Natyasastra Sangeetha Menon, 2011

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Reason, Emotion and Wellbeing: An understanding of consciousness Sangeetha Menon, 2013

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Introductory Essay on "Varieties of Religious Experiences" by William James Sangeetha Menon, 2010

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and Spiritual Experiences Sangeetha Menon, 2009
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The ontological pragmaticity of Karma in the Bhagavad Gita
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PROJECTS, SPONSORS & COLLABORATING AGENCIES

Dept of Science & Technology, CSIR, ISRO, DAE, DST, Cognitive Science Initiative GoI, Indo-US Forum Templeton Foundation, Indian Council of Philosophical Research, Interdisciplinary Institute of Paris The Mani Bhaumik Foundation

2002, 2004, 2006 - In collaboration with Philip Clayton of the PI of *Science and Spiritual Quest* international series organised international meetings on consciousness with support from a host of international agencies including Templeton Foundation, and brought out edited volumes.

2005 - In collaboration with Prof Roddam Narasimha and the Project on the History of Indian Science, Philosophy and Culture organised a national seminar on Nature and Seminar, and subsequently co-edited a volume by the same title.

2010 - In collaboration with International Society for Science and Religion Library Project, Cambridge, wrote a series of review articles published in their website.

2012-2016 – NIAS Mani Bhaumik Short Term Research Fellowships for Young Scholars, from The Mani Bhaumik Educational Foundation

Funded Projects:

Sponsors:

- a. The Tata Education Trust
- b. Mani Bhaumik Foundation, Calcutta
- c. Dept of Science and Technology, Govt of India (DST)
- d. Indian Council of Philosophical Research
- e. Council of Scientific and Industrial Research (CSIR)
- f. Indo-US Forum, TCS, CSIR etc.

LECTURES & ABSTRACTS (recent)

Indian philosophical Approaches to Mind and Consciousness
Lecture at the Dept of Comparative Religion, Western Michigan University, MI, USA, 6 April 2018

Debates on the Self in Consciousness Studies, and an introduction to NIAS Consciousness Studies Programme

Interactive Session with the Research faculty and Vice President of Program, Fetzer Institute, Kalamazoo, MI, USA, 10 April 2018

Desire, Life purpose and the Altruistic self: A discussion on Indian philosophy

Lecture at the International Seminar on "Altruism, Wellbeing and Purpose: Vantage views on Planetary life, and its meaning from Biology, Indian philosophy and the Arts, JRD Tata Auditorium, National Institute of Advanced Studies, 1 February 2018

Minds and Machines: Debates on the nature of intelligence and experience Introduction, Seminar at National Institute of Advanced Studies, 27 December 2017.

That which Melts the Heart, but still has a Reason: A First person Approach to Emotions and the Self in the Natyasastra Lecture at the Seminar on Beyond the Rasa theory: New directions in understanding the Natyasastra, Co-organised by National Institute of Advanced Studies, and Indira Gandhi National Centre for the Arts, Southern Regional Centre, NIAS Lecture Hall, 8 December 2017

Being What Is: Consciousness in Indian traditions, Invited Lecture for the first Indic Thoughts Festival 2017 from 17-18 Dec 2017, Grand Hyatt, Goa, organised by Indian Foundation, New Delhi.

Imagination and Knowledge Acquisition: Exploring the Creative Expressions of the Learning Mind Chairperson's introduction, ISME South Asia Regional Conference, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 28 November 2017

Body Narratives and the Self: Exploring Consciousness through the Experience-beholder Invited Lecture, National Conference on "Culture, Design & Cognition" (CDC) 2017, organised by National Institute of Design (NID), Indira Gandhi National Centre for the Arts - Regional Centre Bangalore (IGNCA RCB) and National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, 3 November 2017

Beyond Mind: The Self Narratives and the Body of our Times

Invited Lecture, International Conference on "The Fragmented Self: An Interdisciplinary Exploration into the Notions of Self & Identity in Contemporary Life", Indraprastha College, University of Delhi, Delhi, 30-31 October 2017

Consciousness, Well-being and the Humanising Space

Invited Lecture, International Conference on "Required Architectural Design Wisdom at Habitable Spaces", Brindavan College of Architecture, Bangalore 3-4 October 2017

Distinguishing Concepts – Body, Mind and Consciousness

CSP Module for First Semester 2017 Foundation Course, NIAS PhD Programme "An Introduction to Mind, its Functions and Purpose", National Institute of Advanced Studies, Bangalore, 11 August 2017

Body and the Self: A discussion on consciousness and healing

Invited Lecture for Cognitive Neuroscience (CNS) Forum - NIMHANS

Lecture series National Institute of Mental Health and Neurosciences, Bangalore, 5 August 2017

Beyond the Binary: Consciousness and Causality

NIAS Wednesday lecture, National Institute of Advanced Studies, Bangalore, 26 July 2017

Yoga, Self-reflection and Consciousness

Invited Lecture for the Yoga Day celebration of Indian Institute of Science, Faculty Hall, 21 June 2017

<http://mhrd.gov.in/IDY/docs/iisc.pdf>

Mental Health and Managing Life Stress, Chief Guest's Lecture on the occasion of International Women's day function, Naval Physical and Oceanographic Laboratory (NPOL), DRDO, Cochin, 8 March 2017

Self, Purpose in Life, and Consciousness: Interdisciplinary thinking and Research

Invited Lecture for Psychology students, Mount Carmel College, Bangalore, 1 March 2017

Binaries and the Unitary Consciousness: How Far the Puzzles Have Been Solved?

Invited Lecture for the International Conference "The Problem of Consciousness and the Brain/Brahman Dichotomy", organised by Dept of Philosophy, Shri Mata Vaishno Devi University, Katra, J&K, 27-28 February 2017

Altrusim, Self-transcendence and Gandhian approach to Peace

Invited Lecture for the National Conference on "Peace and Harmony: India and Canada", organised by UGC Area Study Centre for Canadian Studies, Institute of English, University of Kerala, Trivandrum, 18 February 2017

The Science and Signs of Consciousness: The Western Mind and the Eastern Self

Invited Lecture for the Seminar on "Science and Technology in the Indic Tradition: Critical perspectives and current relevance, Faculty Building, Indian Institute of Science, Bangalore, 5 February 2017

Brain, Emotion and the Artist's Self

Invited Lecture for the International Conference on "Creativity and Cognition in Art and Design" organised by National Institute of Design and National Institute of Mental Health and Neurosciences, NIMHANS Convention Centre, Bangalore, 20 January 2017

Self-reflection and Self-Management

Lecture Module for the Participants of the Sr. Executives Course Programme, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore, 16 January 2017

Beyond the Brain: The Unifying Force of Consciousness

"Theosophy - Science Annual Public Lecture" at the 141st International Convention, International Quarters of Theosophical Society, Adyar Chennai.

(the first woman speaker in the history of this series), 3 January 2017

Lecture Video at <https://www.youtube.com/watch?v=o1JTwQMvQY4>

Beyond the Binary: Wholeness (Purnata) and Consciousness in the Upanishads

Invited Lecture at the International Conference on "Quantum, Reality and Shunya" organised by Indian Council of Philosophical Research and Indian Council of Cultural

Relations, Azad Bhavan Auditorium, ICCR, New Delhi, 10 December 2016

Feeling, Knowing and Being: Philosophical Foundations of Interdisciplinary Thinking
Opening Intriduction, World Philosophy Day sponsored by ICPR, NIAS Lecture Hall,
National Institute of Advanced Studies, Bangalore, 17 November 2016.

Managing the Self: Desire, Conflict and Purpose in the Bhagavad Gita
Keynote Lecture at the International Conference, Nehru School of Management, Nila
Gardens, Tiruvilvamala, Trissur, Kerala,
4 November 2016.

Uncertainty: How do I know?

Lecture at the Evening Philosophy Chat, NIAS Consciousness Studies Programme, NIAS
Lecture Hall, National Institute of Advanced Studies, Bangalore, 20 October 2016.

[Read Paper - https://aboutconsciousness.wordpress.com/2016/10/18/are-you-certain-about-uncertainty/](https://aboutconsciousness.wordpress.com/2016/10/18/are-you-certain-about-uncertainty/)

Philosophy of Imagination

Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 5 October 2016.

Philosophy of Mind

Foundation Course Lecture, National Institute of Advanced Studies, Bangalore, 4 October 2016.

Yoga, Mind and Self-reflection

Lecture at the "Evening Philosophy Chat" meeting of the NIAS Consciousness Studies
Programme, NIAS Lecture Hall, National Institute of Advanced Studies, Bangalore, 22
September 2016. [Read Details](#)

The Arts, the Artist and Consciousness

Inaugural lecture of 'Culture and Cognition' lecture series organised by Indira Gandhi
National Centre for the Arts, Southern Regional Centre, in collaboration with Bangalore
International Center, TERI Auditorium, BIC, 29 July 2016

Peace and its Philosophical foundations

Multidisciplinary Debate on "Poli-So-Phical Approach to Peace", Conflict and Post-conflict
societies in South Asia, JRD Tata Auditorium, National Institute of Advanced Studies, Bangalore,
23 June 2016. [Read Report](#)

Beyond Disciplinary Limits: The Case of Consciousness Studies & Interdisciplinary Debates
Plenary Speaker at the annual Plenary Session on Social Sciences, Humanities and
Languages at the Annual Research Retreat, Jain University, Bangalore, 22 May 2016

Transhumanism, Consciousness and Technology

Invited Lecture on 23 April 2016 at the Two-Day Symposium on the interdisciplinary
implications of Norbert Wiener's work, exploring various applications for the human use of
theories of automation (event presented in association with the National Institute of
Advanced Studies, Indian Institute of Science Campus, Bangalore, NASSCOM, and the IEEE
India Council) - organised in connection with the International conference - "Thinking
Machines in the Physical World", IEEE 2016 Conference on Norbert Wiener in the 21st
Century

Beyond Brain and Mind: Reconciliation through Self-transformation

Invited Lecture at the National Seminar organised by Sri Vishnu Mohan Foundation on
“Peace and Reconciliation: Perspectives from Religion and Philosophy, Chennai, 2-3 March 2016.

Self-challenged Brain and Brain- challenged Self

TEDx NMIMS Lecture at Hotel Novatel, 27 February 2016, Bangalore, organised under the
global platform of TEDx lectures.

Lecture Video: <https://www.youtube.com/watch?v=P297MN3rkKU>

Speaker info: <https://www.ted.com/tedx/events/17576>

Self and Self-transformation: Understanding Experience and Consciousness

Invited Lecture at the Symposium on Understanding Cognition and Consciousness through
Music and Meditation, Jointly organized by the Cognitive Psychology Unit, Department of
Clinical Psychology & NIMHANS Integrated Centre for Yoga, Bangalore, 8 February 2016.

By the Shore of Consciousness: Healing Waves and Self-transformation

Chief Guest and Conference Inaugural Lecture at the National Conference on “Alternative
Perspectives in Psychotherapy”, Kristu Jayanthi college, Bangalore, 2 February 2016.

Introduction to the Dec 2015 NIAS International Conference – “Consciousness, Cognition and Culture: Implications for the 21st Century”

JRD Tata Auditorium, NIAS, Bangalore 9 December 2015.

Body-sense and the Somatic markers: Emotions in Consciousness studies

International Seminar on “Decolonising the Theories of Emotions”, organised by the
Institute of English, Centre for Women’s Studies, University of Kerala, and University of
British Columbia, in Trivandrum, 11-13 November 2015

INSIGHTS: Exploring Fundamental concepts and

Foundational questions Thematic Introduction for the
meeting on "Space", NIAS, 4th July, 2015

Healing and Imagination: The Merge of the Self-other binary

Thematic Introduction for the Evening Philosophy Chat meeting, NIAS, 29 June 2015

Brain-Mind model and Consciousness-Self model: Changing Perspectives

Invited Lecture on the occasion of the inauguration of "Cognitive Neuroscience Society of
India", on the Yoga day at (NIMHANS) National Institute of Mental Health and
Neurosciences, Bangalore, 21st June 2015

The Ethics of Originality

Lecture at the Panel Discussion on “Understanding Plagiarism in Academia”, NIAS, 1st May 2015

The Outer Self and the Inner Body: Exteriorisation of the Self in Cognitive sciences

Invited Lecture for A Publication oriented one-day workshop, "Reasoning with
Value(s):Explorations in the contemporary Milieu"

Indian Institute of Management, Caluctta, 12 March 2015.

Brain and Self: The philosophy of psychology

Keynote Address at the 3rd international conference on "Recent advances in cognition and

health", organised by Dept of Psychology, Banaras Hindu University, Banares, 19-21 Decmber 2014

Beyond Brain and Mind: A discussion on Self and Consciousness

Keynote Lecture at the Conference titled "Mind Matter & Consciousness: Recent Trends in Philosophy and Science" organised by Kaivalyadhama Yoga Institute, Lonavala, 28-29 November 2014

Self, Emotions and the Complex states of mind

Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 21 November 2014

Brain and the Interconnected Self: Science and Signs of Consciousness

Lecture at the international meeting "Cosmology and Consciousness III – Harmony and Happiness", Upper Tibetan Children's Village, Dharamsala, 3-5, November 2014

Wellbeing, Existence and Consciousness

Panel Lecture at the international meeting "Cosmology and Consciousness III – Harmony and Happiness", Upper Tibetan Children's Village, Dharamsala, 3-5, November 2014

Beyond Mind: Introduction to Self and Consciousness

Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 12 September 2014

Self, Emotions and the Complex states of mind

Lecture at the Credit Course titled "Behaviour, Cognition, Consciousness", Consciousness Studies Programme, NIAS, Bangalore, 21 November 2014

Philosophy, philosophical thinking and the Humanities

Lecture for the NIAS Doctoral Students Foundation Course, NIAS, 18 September 2014

Values, mentoring and pedagogic guidelines for Teacher-Student relation

Chief Guest's Lecture at the annual Teachers' day celebration programme of the University of Agricultural sciences, Bangalore, 5 September 2014.

Purpose, Imagination and Common Good

Lecture for the Evening Philosophy Chat group meeting, The Banyan tree, University of Agricultural Sciences, Bangalore, 12 August 2014

Self, Desire and Mind

Lecture for the Evening Philosophy Chat group meeting, The Banyan tree, University of Agricultural Sciences, Bangalore, 18 July 2014

Brain-Consciousness nexus: Where Science and Philosophy Meet, and Part

Lecture for NIAS-DST Training Programme for Women Scientists, NIAS, February 14, 2014.

Brain, Self and Consciousness: Explaining the conspiracy of experience: An

Introduction to Consciousness Studies NIAS Wednesday Lecture, 27 November 2013, National Institute of Advanced Studies, Bangalore

Brain, Body and Consciousness: An Introduction to Interdisciplinary Dialogues

in Consciousness Studies Invited Lecture at Sambodh Centre for Human Excellence, Kalamazoo, Michigan, 2 October 2013.

Consciousness, Self-transformation and Yoga-dharma
Invited Lecture at the International Conference organized by Dept of Religious Studies, University of Southern California, LA, 20 October 2013.

Brain, Being and Consciousness: A discussion in neuroscience and neurophilosophy
Public Lecture, as part of the Lecture series on 'Being in Philosophy' organised by Indian Institute of Technology-Chennai, and Sri Vishnu Mohan Foundation, Chennai, 25 March 2013.

Why 'She' is 'Me'? A comparative discussion on the Body and the Self
Plenary Lecture, International Conference, Tucson Toward a Science of Consciousness series, Dayalbagh Educational Institute, Agra, 5 March 2013

Self-Management and the Bhagavad Gita
Invited Lecture organised by National Institute of Personnel Management (Vishaka Chapter) at King Court Hall, Hotel Royal Forte, Vishakapatnam, 7.00 to 8.30 pm, 19 July 2013

Excellence in Learning
Invited Lecture and interactive session at the Sri Prakash Vidya Niketan School for 10th Grade students, Vishakapatnam, 10.00 to 11.00 pm, 18 July 2013.

Public Lecture series (5 lectures) on "*The psychology and philosophy of the Bhagavad Gita*" for the staff and students of Gitam University, and the public, organised by Gitam University, Vishakapatnam, 15-19 July 2013

Themes:

1. Sorrow and Ironies of Life
2. Desire and its Discontent
3. Agent and Action
4. Body and Consciousness
5. Knowledge and Freedom

Emotion, Embodiment and Neural Challenges: A discussion on neuropsychiatry and cognitive neurosciences
Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 24 June 2013, 3.00 to 5.00pm.

Brain and Self: Explaining Everyday Experiences
Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 18 June 2013, 3.00 to 5.00pm.

Interdisciplinary Dialogues in Consciousness Studies: An introduction
Visiting Professor's Lecture series, organised by Indian Institute of Advanced Study, Shimla, 12 June 2013, 3.00 to 5.00pm.

Why 'She' is 'Me'? A comparative discussion on the Body and the Self
Plenary Lecture, International Conference, Tucson Toward a Science

of Consciousness series Dayalbagh Educational Institute, Agra, 5
March 2013

Creativity and Wellbeing
Resource person's Lecture, National Workshop on
Positive Psychology Mount Carmel College, Bangalore,
7-8 February 2013

Desire, Self, and Healing: Arjuna's predicament, and choice-making, in the *Bhagavad Gita*
Invited Lecture, International Workshop on Healing,
Counselling and Therapy Jain University Global campus,
Bangalore, 13-15 December, 2012

Wellbeing, Happiness and Contentment
Invited Lecture at Institute for Social and Economic Change, Bangalore, 9 November 2012

Self: Where is it? Who knows!
Invited Lecture, Symposium on Neurobiology of Cognition
National Institute of Mental Health and Neurosciences, Bangalore, 1-2 November, 2012

Consciousness: A Biologically inspired system science
Discussion Initiative Brief, at the Brain-storming Session for a new 'Centre on
Biologically-inspired System Sciences' IIT-Rajasthan, Jodhpur, 29 September 2012

Signs of Self
Foundation Course for Doctoral Students,
National Institute of Advanced Studies, Bangalore, 27 September 2012

Body and Consciousness: Basics of
Experience 3rd Summer School on
Cognition
National Institute of Advanced Studies,
Bangalore, 12 July 2012 Watch Videos of the
Lecture: [Part 1](#) . [Part 2](#) . [Parts 3](#)

Consciousness and the Humanities, Invited Lecture, Refresher
Course for Teachers, Christ University, Bangalore, 1 May 2012.

Self and its Wellbeing
Panel Discussion, "Looking Within: Interdisciplinary Approaches to Consciousness",
international conference, National Institute of Advanced Studies, Bangalore, 7
January 2012
Watch Video: [Panel Lecture](#)

Self in Neuropsychiatry and Neurophilosophy
Concept Introduction, "Looking Within: Interdisciplinary Approaches to Consciousness",
international conference, National Institute of Advanced Studies, Bangalore, 5 January
2012
Watch Video: [Concept Introduction](#)

Guided Reading and Writing Course on "Philosophy of Psychology", January to April 2012, at National Institute of Advanced Studies, Bangalore,

Self in Indian Psychology

Foundation Course Lecture for Doctoral Students, at National Institute of Advanced Studies, Bangalore, 27 October 2011.

Risk-perception and the *Sense* of security: A humanities perspective

Invited Lecture at the Brain-storming Seminar on "Risk Perception" at National Institute of Advanced Studies, Bangalore, 29 September 2011.

Self at the Edge: Brain and the recent neuropsychiatric narratives

Abstract of paper presented at National Seminar at Indian Institute of Technology, Gandhinagar, Ahmedabad, in collaboration with the Balvant Parekh Centre for General Semantics and Other Human Sciences on "The Enigma of Health: Maladies and the Politics of Healing", 2011

Self and its identity in Experience

Abstract of paper presented for a National meeting in Nava Nalanda Mahavihara, Nalanda on Individuality, Identity and Constitution, with focus on Self in Brain Sciences, 2011

Tracing Self in Neuropsychiatry: A debate on the nature of self and self-identity

Abstract of Panel Presentation at the National Symposium on "Thinking Subjectivities" at Christ University, 2011

Self and Immortality: Nachiketa, the young student's dialogue in the Katha Upanishad

Presentation by Resource person for the International Cortona-India Programme, ETH-Zurich, Hyderabad, 2010

Brain, Self and their Interrelations in Understanding Consciousness

Plenary Lecture for International conference at Dayalbagh Educational Institute, 2010

Truth, Beauty and Goodness: A discussion on the

time-tested virtues AMU University Extension Lecture, Aligarh Muslim University, 2010

Brain Studies, Consciousness and Spiritual Psychology

Valedictory address for the National seminar organised by Dept of Psychology, Aligarh Muslim University, 30 October 2010.

Self at the Edge: Brain and the recent neuropsychiatric narratives

Invited Lecture for the National Seminar at Indian Institute of Technology, Gandhinagar, Ahmedabad, in collaboration with the Balvant Parekh Centre for General Semantics and Other Human Sciences on "The Enigma of Health: Maladies and the Politics of Healing" 25-27 March, 2011

Self and its identity in Experience

A dialogue with Buddhist scholars at a National meeting in Nava Nalanda Mahavihara, Nalanda on Individuality, Identity and Constitution, with focus on Self in Brain Sciences 25-28 February 2011

Bhagavad Gita, and the place of Value in Consciousness Studies
Special Lecture at Ramakrishna Mission Institute of Culture, Golpark, Calcutta for the
National Seminar on Bhagavad Gita, 8th January, 2011

Brain and Consciousness: A discussion on the body-sense and the self-sense
Resource Person's Lecture, "The Brain Matters: Implications of Brain Research for Mental
Health", National workshop at St. Ann's College for Women, Hyderabad, 16-17 March,
2012

Menon, 2012. Self and its Wellbeing
Panel Discussion, "Looking Within: Interdisciplinary Approaches to Consciousness",
international conference, National Institute of Advanced Studies, Bangalore, 7 January
2012

Menon, 2012. Self in Neuropsychiatry and Neurophilosophy
Concept Introduction, "Looking Within: Interdisciplinary Approaches to Consciousness",
international conference, National Institute of Advanced Studies, Bangalore, 5 January
2012

Risk-perception and the Sense of security: A humanities perspective
Brain-storming Seminar on "Risk Perception and Assessment" at National Institute of Advanced
Studies, Bangalore, 29 – 30 September 2011.

Wellbeing and its implications for Brain and Consciousness Studies
Plenary Keynote address at the International Conference on
Positive Psychology Amity Institute of Behavioural and
Allied Sciences, Jaipur, 6 August 2011

Body-absence and Self-sense: The 'new hard problem' in
consciousness studies NIAS Wednesday Lecture, National
Institute of Advanced Studies, Bangalore 27 July 2011

Body-sense, Brain-maps and Consciousness: Exploring the Self
Invited Public Lecture organised by the Dept of Humanities and Social Sciences, Indian
Institute of Technology, Mumbai, 21 July, 2011.

Pathways to Excellence and the Road Ahead
Chief Guest's Lecture at the Convocation Programme of the
Presidency College, Bangalore 30 April, 2011

Self and subjectivity in Brain Studies: Psychological and Philosophical Implications
University Extension Lecture at Suvidya College Institute for Philosophy and Religion, Bangalore,
10th December, 2010

Self and Immortality: Nachiketa, the young student's dialogue in
the Katha Upanishad Resource-person and lecture for the
International Cortona-India Programme, ETH-Zurich "Science and
the Spiritual Heritage of India", 22 November 2010, Hyderabad
For more info See <http://www.cortona-india.org/Contributors.aspx>

Puzzles that Self and Brain give for Consciousness

Resource-person and lecture for the International Cortona-India Programme, ETH-Zurich "Science and the Spiritual Heritage of India", 24 November 2010, Hyderabad

For more info See <http://www.cortona-india.org/Contributors.aspx>

Brain Studies, Consciousness and Spiritual Psychology

Valedictory address for the National seminar organised by Dept of Psychology, Aligarh Muslim University, 30 October 2010.

Self-exploration: Reason, Experience and Spiritual Moorings

Invited Lecture for the IRS officers at NADT (National Academy of Direct Taxes) for their programme on Experience Analysis and Building, 4-7 October, 2010, Nagpur.

Consciousness--Is it housed in the Self, Brain or Both?

Lecture for the International Conference on Transpersonal Psychology Hotel Ismailovo, Moscow, 24th June 2010

The place of Self in Neuroscience

Lecture for National Seminar on Self and its Emotions, NIAS, Bangalore, 14 June 2010

"The Natural Brain and the 'Super'natural Self"

Invited Lecture for the Conference on Parapsychology at Vizakh University, Vizakahapatnam, 11-12 January, 2010

Invited Panelist representing the ISSR (International Society for Science and Religion, Cambridge) panel on "Science, Spiritual traditions and Environment" at the World Parliament of Religions, 3-6 December 2009, Melbourne, Australia.

Panelists included Nobel prize winner for Medicine (1996), Dr Peter Doherty.

"Brain-challenged Self and Self-challenged Brain"

Invited Lecture for the International conference at Nanzan Institute for Religion and Culture, Nanzan University, Nagoya, Japan, 27-29 November 2009

"Brain, Self and their Interrelations: Fewer Answers, more Questions" Lecture for the NIAS Wednesday Discussion meeting,

National Institute of Advanced
Studies, 18 November 2009

Indian Psychology
Foundation Course Lecture for Doctoral students, NIAS, 19th October 2009

Sourcebook of Indian psychology
Editors and Authors meeting at NIAS 3-4 August 2009

Self and self-transformation
Lecture at international seminar sponsored by Indian Council of Philosophical Research,
on 8th January 2009, at National Institute of Advanced Studies.
For pictures see <http://samvada.com/Self.seminar.NIAS2009.htm>

Sourcebook of Indian psychology
Editors and Authors meeting at ICPR Delhi

Compassion and Conflict
Seminar at Indian Business Academy, Bangalore, 3rd January 2009

Invited Lecture for the Panel discussion on "World Religions and Liberalism"
at the international Whitehead conference, Christ College, Bangalore 6th January 2009.

Transpersonal Psychology of the Bhagavad Gita and
Participative Living Invited Lecture at the Conference
on "Bhagavad Gita and Mental Health" National
Institute of Mental Health and Neurosciences,
Bangalore
21st September 2008

Dialogue and Psychotherapy in the Bhagavad Gita
Lecture for "Prasthutha", Indian Institute of
Science, Bangalore 1st September 2008

Hinduism and Consciousness
Plenary Lecture at the International Conference on "Hinduism in Changing World--
Challenges and Opportunities", organised by The Hindu Centre, 132 Owen Road,
Singapore
23rd August 2008

Emotions and Emotional Intelligence
Invited Lecture, Institute for Management, Christ
College, Bangalore 30th July 2008

Indian Psychology and Wellbeing
Course Lecture for the Philosophy Summer School, National Institute of
Advanced Studies, Bangalore 11th June 2008

Consciousness and Experience
Course Lecture for the Philosophy Summer School, National Institute of
Advanced Studies, Bangalore 4th June 2008

Self-knowledge--on Atmabodha

Invited Lecture at the Sri Aurobindo Aradhana Trust for the Birthday celebrations of The Mother of Pondicherry 21st February 2008

Hymn to Annapurna--The Mother Divine

Invited Lecture at the Sri Aurobindo Aradhana Trust for the Birthday celebrations of The Mother of Pondicherry 21st February 2008

Persistent Puzzles of Consciousness: What is it? Where is it?

Invited Lecture for the International conference on "Consciousness: Recent Advances", Ramakrishna Mission Institute of Culture, Calcutta
19 January 2008

Epistemology of Experience: Challenges for consciousness and neuropsychiatric studies

Invited Lecture at the national Conference on Indian Psychology: Theories and Models, organized by Indian Council of Philosophical Research at Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore
27 December 2007

Body, Mind and Mystical Experiences

Lecture at National Institute of Advanced Studies Wednesday Discussion Meeting
19 December 2007

Nectar of Love and its Flow in Consciousness

Plenary Lecture at the national conference on Sacred Love: Bhakti in Indian traditions organized by Tirumala Tirupati Devasthanams and Indian Council of Philosophical Research, Sri Venkateshwara University, Tirupati
9 December 2007

Brain and Consciousness: Challenges in Science Spirituality Dialogues

Invited Public Lecture at the Nanzan Institute for Religion and Culture, Nagoya University, Japan, 18 October, 2007

Gestures, Expressions and the Poise: Symbolism in Indian Arts and Dance

Invited Public Lecture at the Institute for Anthropology, Nagoya University, Japan 19th October, 2007

Challenges in Brain and Consciousness Studies,

Invited Public Lecture at the Kyoto Imperial University, Kyoto, Japan 16th October, 2007

Brain and Being Centers of Consciousness

Invited Lecture for the International Conference on Consciousness, Brain Science, and Religion: Some Asian Perspectives Fu Jen Catholic University, Hsinchuang, Taipei, Taiwan
13th October, 2007

Pace in Space: Theatrical, Gestural and Pictorial Space in Indian Arts

Invited Lecture at the International Conference entitled The Bangalore SPACE & CULTURE

International Symposium organised by Leonardo Paris, Arts Catalyst Londoan, Srshti
Bangalore, NIAS Bangalore
31st September 2007

Samvada tradition in Indian
Philosophy Foundation Course
Lecture at NIAS
28 September, 2007

Body, Embodiment and Enworldment
Lecture for the International conference on Body, Embodiment and Sensory-
motor system, NIAS Bangalore 5th September 2007

Mind and Consciousness in the
Bhagavad Gita Lecture at the
Bharatiya Vidya Bhavan, London
9th June, 2007 at 2.30pm

Lecture series on the first four chapters of the Bhagavad Gita
at Flat1, Bainton Street, Banbury Road, Oxford. Organised by Dr Shirley Du Boulay
(Former BBC correspondent and Program Director for Religious studies)
May-June 2007 (Trinity term)

Neurons, experience, and being: A discussion on consciousness
Shivadasani Lecture, The Oxford Centre for Hindu Studies, 11am–12 noon, OCHS 15
Magdalen Street, Oxford OX1 3AE United Kingdom
25 May1, 11am–12 noon (this lecture was video documented by Rishi Handa and Millan
Handa. For copy of DVD contact Rishi and Milan Handa, Email rishi_handa@hotmail.com)

Lecture series on "The transpersonal psychology of the Gita"
The Oxford Centre for Hindu Studies, 11am–12 noon, OCHS 15 Magdalen Street,
Oxford OX1 3AE United Kingdom May, 2007 this lecture is available thorough OCHS
podcasts subscription; For details click www.ochs.org.uk or contact Judit Bajusz @
+44 (0)1865 304300

The concept of Hindu philosophy
Shivadasani Seminar, The Oxford Centre for Hindu Studies, 11am–12 noon, OCHS 15
Magdalen Street, Oxford OX1 3AE United Kingdom
14 May, 2–3.30pm
this lecture is available thorough OCHS podcasts subscription; For details click www.ochs.org.uk
or contact Judit Bajusz @
+44 (0)1865 304300

Beyond love and love beyond: Hindu and Western ideas of love
Shivadasani Seminar, The Oxford Centre for Hindu Studies, 11am–12 noon, OCHS 15
Magdalen Street, Oxford OX1 3AE United Kingdom
3 May, 2–3.30pm
this lecture is available thorough OCHS podcasts subscription; For details click www.ochs.org.uk
or contact Judit Bajusz @
+44 (0)1865 304300

The Dance of Emotions: Faces, gestures, and movements

Shivadasani Lecture, The Oxford Centre for Hindu Studies, 11am–12 noon, OCHS 15

Magdalen Street, Oxford OX1 3AE United Kingdom

7 May, 11am–12 noon;

this lecture is available thorough OCHS podcasts subscription; For details click www.ochs.org.uk or contact Judit Bajusz @

+44 (0)1865 304300

Self and Consciousness: Perspectives from the Gita and Upanishads

Course Lecture series for MSc students (Psychological Counselling) of Montfort College, Bangalore, 3-5 March, 2007

Emotions, Experience and Consciousness

Invited Lecture for National conference on Facets of Consciousness

Sri Chandrasekharendra Saraswati Viswa Mahavidyalaya, Kanchipuram, 2 March, 2007

Emotions, Face and Indian Psychology: Discussions on Darwin, Ekman and Natyasastra

Lecture at the workshop on "Indian Philosophical Traditions and Contemporary Thought", NIAS, 8 December 2006

Mind and Consciousness

UGC Course for University Teachers, NIAS, December 2006

Consciousness and Indian psychology

Invited lecture for the students of management and women's studies, Banasthali Viswa Mahavidyalaya, Jaipur, 18 November 2006.

Emotions and Consciousness Studies

Invited Lecture for the Anniversary celebrations of Indian Business Academy, New Delhi, 9 October 2006

Self and Consciousness in Advaita Vedanta

Invited Lecture for the National Seminar jointly organized by Indian Business Academy, Bangalore and Madras Development Institute, Chennai, 16 September 2006,

How do I know you? Where do I find you?: A science spirituality dialogue on consciousness and the Indian discourse

Invited Lecture for International Conference on Science and Spirituality: Global Perspectives Organised by Interdisciplinary University de Paris and Templeton Foundation at Hotel The Pavillon Henri IV, Saint Germain en Laye, Paris, 28 July 2006

Indian theories of Mind and Consciousness:

12 June 2006, Lecture for the Summer Course on Philosophy

Brain, Experience and Consciousness: Puzzles and Challenges 10 March 2006, Manipal Institute of Technology.

Indian Theories of Mind and Consciousness: Perspectives from Art, Psychology and Philosophy 10 March 2006, Dept of Architecture, Manipal Institute of Technology

Brain and Consciousness: Views and Challenges

Lecture for the National Institute of Advanced Studies-UGC Teachers' Course, 12 January 2006.

Brain and Being

Lecture at the national conference on "Consciousness, Experience and Ways of Knowing: Perspectives from Science, Philosophy and the Arts", National Institute of Advanced Studies, 6-7 February 2006.

The Rain clouds of Mental Limitations and the Shower of Transcendence: Yoga and Samadhi in Patanjali Yoga Sutra Invited Lecture at the International Conference on "Yoga and Parapsychology", Andhra University and the Institute for Human Sciences and Services, 3-6 January 2006.

Cognitive and Experiential Foundations of Consciousness and 'Spiritual Agency': Towards a New Epistemology

Invited Lecture at the National Seminar on History Of Science And Philosophy Of Science Conference Room, Indian Council of Philosophical Research, New Delhi, 8-9 November 2005

Consciousness, Karma and Wellbeing

Invited Lecture for Sri Aurobindo Aradhana Trust, 26 October 2005, Bangalore.

Hinduism and Science: The past and future of consciousness studies for 'Into the Future with Knowledge from Our Past' annual lecture series organised by Sri Tirunarayana Trust, in association with Vidya Vardhaka Sangha (VVS) First Grade College for Women and Dakshinamnaya Sri Sharada Peetham, Sringeri, at VVS College Auditorium, Bangalore, 13th October 2006

Consciousness, Experience and Wellbeing: Classical Indian views and Current Discussions in Science

Invited Plenary Lecture for the National symposium at Dayalbagh Educational Institute deemed University, Agra, on "Education for better worldliness" October 1-2, 2005.

Ways of Knowing and Being

Foundation Course Lecture for NIAS PhD Students 18 August 2005, National Institute of Advanced Studies, Bangalore

The Place of Philosophy and Psychology in Multidisciplinary Research in the context of consciousness studies Foundation Course Lecture for NIAS PhD Students 19 August 2005, National Institute of Advanced Studies, Bangalore

Brain and Being: The Science and Spirituality of Consciousness

Invited Lecture for the International meet of the Awardees of the 'Global Perspectives on

Science and Spirituality Award' programme, Mont Royal Chateau, Paris, organised by the Interdisciplinary University of Paris, Elon University and supported by Templeton Foundation, 14-18 July 2005.

By the Consciousness Couch: Odd, Regular and Inexplicable Experiences

Lecture for the 'NIAS Wednesday Discussion Meeting', 31 May 2005, National Institute of Advanced Studies, Bangalore

Beside the Stream of Consciousness: A Survey of Old and Recent Bridges

Lecture for the 'NIAS Discussion Forum for Consciousness', 31 May 2005, National Institute of Advanced Studies, Bangalore

Blind Dancer and the Stunned Onlooker: Nature,

Consciousness and Two Ways of Knowing in Samkhya-Yoga

Invited Lecture for the National Seminar on Nature and Culture, Discussion Meeting of History of Indian Science, Philosophy and Culture 5-6 May, 2005 National Institute of Advanced Studies, Bangalore

How much can we 'talk' about 'mind': Some conceptual puzzles

Invited Lecture for the National Seminar on Language and Mind in Classical Indian Philosophical Traditions, 3-5 March, 2005 University of Hyderabad

Ways of Knowing and Indian philosophy

Course Lectures for NIAS Doctoral Students, National Institute of Advanced Studies Bangalore February 2005

Mind and Consciousness

Course Lecture for NIAS-UGC Teachers Course, Bangalore 14 February 2005

Two Rationalities for One Consciousness: Exploring the Scientific and Mystical Mind

Invited lecture at the international symposium on 'Science and Mysticism: East-West Dialogue', Indian Institute for Science and Religion, Poona, 2-6 January 2005

Grief and Hope

Invited lecture at the Sri Aurobindo Aradhana Trust, Bangalore, 12 Jan 2005

Persisting Puzzles of Consciousness

Invited lecture at the ICPR panel on 'Consciousness' at the University of Agricultural Sciences, Bangalore, 1st January 2005

Is Experience the Puzzle for Consciousness?

Invited Lecture at the international conference on cognitive science at Centre for Behavioural and Cognitive Sciences, University of Allahabad, 16-18 December 2004

Healing through love, debate and just being: Instances from Indian traditions

Invited Lecture at the national conference on Indian Psychology 9-13 December 2004.

Experience of Expression: Instances from Indian dramaturgy and a discussion on 'consciousness'

Invited Lecture in the Spanish city of Melilla on "" at the international conference on Re-connecting Art Science and Spirituality, 18-21 July 2004.

Brain and Consciousness

Public Lecture at Allahabad University, April 2004

Series of lectures for Centre for Behavioural and Cognitive Sciences, Allahabad University, April 2004 Psychology of the Narrative of Adi Sankaracarya and Psychotherapy

Lecture at the UGC refresher course for University teachers held at Academic Staff College, Andhra University, Vizakhapatnam, Dec 15, 2003

Psychology of Spirit and Wellbeing in the Bhagavad Gita

Lecture at the UGC refresher course for University teachers held at Academic Staff College, Andhra University, Vizakhapatnam, Dec 15, 2003

Psychology of Emotions in the Bhagavad Gita and Arjuna's Depression

Lecture at the UGC refresher course for University teachers held at Academic Staff College, Andhra University, Vizakhapatnam, Dec 12, 2003

Being and Well-being in the Upanishadic literature

Invited lecture at the national conference on "Self and personality in Yoga and Indian psychology", Institute for Yoga and Consciousness, Andhra University and Institute for Human Science and Service, The Park Hotel, Visakhapatnam, December 9, 2003

What is and What is not Indian psychology?

Invited lecture at the Editor's meet, "Indian psychology" series, The Park Hotel, Vizakhapatnam, Dec 8, 2003

Beginning with fundamental questions about consciousness

Invited lecture at the national seminar on "Consciousness, Society and Values, organised by Dept. of Philosophy, Goa University and Institute of Advanced Study, Simla, International Centre, Goa, January 17 2003

Beyond 'what' and what is 'beyond'

Lecture at the Science and Spiritual Quest-3 International symposium on "Science and Beyond, Consciousness, cosmology and technology in Indic traditions", National Institute of Advanced Studies, Bangalore, January 2003

Samvaada: Psychology of Dialoguing in Indian thought

Lecture at the NIAS-UGC course for University teachers, National Institute of Advanced Studies, Bangalore, November 10, 2003

Being Self-aware: Some interesting ideas from Atmabodha of Sankaracarya

Invited Lecture at the Sri Aurobindo Aradhana Trust, Bangalore, September 9, 2003.

Where did the snake and the silver disappear: Instances from Indian epistemology Lecture at the NIAS Wednesday Discussion Meeting, September 17, 2003.

Bring the Best: Challenges and Possibilities for Self-development
Invited lecture for Indian Association of Secretaries and Administrative Professionals, Bangalore, July 19, 2003

Basics, trends and goals of consciousness studies: Current discussions and Indian traditions Invited talk at Indian Institute of Advanced Study, Shimla, May 15, 2003

Foundations of Indian thought
Invited lecture at Bharatiya Vidya Bhavan organised by District Lions club and Bharatiya Vidya Bhavan, Palakkad, Kerala, February 9 2003

Bridging traditions
Panel talk at the VK Krishna Menon memorial lecture on "Science , technology and social change", TKM Hall, Palakkad, February 8 2003

Beginning with fundamental questions about consciousness
Invited lecture at the national seminar on "Consciousness, Society and Values, organised by Dept. of Philosophy, Goa University and Institute of Advanced Study, Simla, International Centre, Goa, January 17 2003

Basics of Consciousness: Asking fundamental questions
Talk at the NIAS Discussion Forum for consciousness, NIAS, January 13 2003

Consciousness Studies: Interdisciplinary Discussions and Indian thinking
Annual Honors Program Lecture at Spelman College, Atlanta, Georgia, 10 October 2002

Self-exploration and consciousness in classic Hindu thought
Public Lecture at Western Michigan University, Kalamazoo, Michigan, 7 October 2002

Blossoms of the beyond: Indian ways of thinking, acting and experiencing, in the context of current discussions on 'consciousness'
Invited seminar at Centre for India Studies, State University of New York, Stony Brook, New York, 30 September 2002

Being with Transcendence: Experiencing the Bhagavad Gita
Invited seminar at Centre for India Studies, State University of New York, Stony Brook, New York, 28 September 2002

Binding experiences and the 'explanatory gap': Recent multidisciplinary discussions on 'consciousness' Invited seminar at Spelman College, Atlanta, Georgia, 26 September 2002

Love, wisdom and self-realisation in Indian spiritual literature Public lecture at West Chester, Ohio, 14 September 2002

Being and BEING: Current discussions on 'consciousness' and Yoga traditions
Plenary talk at the thirteenth International Congress of Vedanta, held at Miami University,
Oxford, Ohio, 13th September, 2002

Binding experiences and epistemologies: Instances from Indian philosophy (darsana
sastra), Indian psychology (moksa sastra) and Indian dramaturgy (natya sastra) in the
context of recent discussions on consciousness

Invited talk at the inaugural conference on Completing the Global Renaissance: The Indic
contributions as a part of the series entitled Global Renaissance Series organized by the
Columbia Center for Buddhist Studies, Columbia University, and the Infinity Foundation,
Princeton, held at Menla Foundation, Woodstock, New York, 28th July 2002

Binding experiences: Looking at being of self and self-transcendences in the context of a
discussion on transpersonal psychology of the Bhagavad Gita

Invited talk at the symposium on Bhagavad Gita at the 4th biennial conference of 'World
Association for Vedic Studies' held at University of Massachusetts, Dartmouth,
Massachusetts, 13th July 2002

Being of and Being with consciousness: Essential differences between Indian and contemporary
approaches

Invited talk at the symposium on Indian theories and approaches to consciousness at the 4th
biennial conference of 'World Association for Vedic Studies' held at University of Massachusetts,
Dartmouth, Massachusetts, 12th July 2002

Being with BEING: Knowing Advaita Vedanta with focus on 'consciousness'

Invited talk at the Banaglore Chapter of Institute of Noetic Sciences (IONS), Bangalore, May 5
2002

Binding Epistemologies and Experiences

Invited Lecture at Indian Institute of Science, Bangalore, at the symposium on
'Consciousness', organised by Indian Institute of Advanced Study (Shimla), 18 February
2002

Love and Relationship in the Naradabhakti Sutras and the
Bhagavad Gita Invited Lecture at Sri Aurobindo Aradhana
Trust, Bangalore, 13 February 2002

Binding Experiences: Self and Self-transcendences in Indian thought in the context of
recent discussions on 'consciousness'

Invited Lecture at the interdisciplinary seminar on "Self, Society and Science: theoretical
and historical perspectives" organised by Centre for Studies in Civilisations, New Delhi,
24-26 March 2002

Binding the Beyond: Puzzles about consciousness and experience

Invited Lecture at the National Workshop on "Puzzles of Perception", Dept. of Psychology,
University of Delhi, 14-16 March, 2002

Binding Experiences for a First-Person Approach: Looking at Indian Ways of Thinking
(darsana) and Acting (natya) in the Context of Current Discussions on 'Consciousness'
Infinity Foundation Lecture at the international conference on "Mind and

Consciousness: Various Approaches", Indian Institute of Technology, Kharagpur, India, 9-11 January 2002

Binding Experiences: Revisiting the Bhagavad Gita to look at 'conscious experience' and the 'conscious experiencer' in the context of recent discussions on 'consciousness'
Invited Lecture at the international conference on "Scientific and philosophical Studies on consciousness: Toward a systematic theory", Centre for Advanced Study in Philosophy, Jadavpur University, Kolkata, India, 2-4 January 2002

Participated in the national seminar on "Rethinking Modernity" as a commentator, held at Sri Sankaracharya Sanskrit University, Kalady, Kerala from 16-18 November 2001

Binding Experiences: Looking at the Contributions of Adi Sankaracarya, Tuncettu Ezuttacchan and Sri Narayana Guru in the Context of Recent Discussions on Consciousness Studies
Invited Lecture at 12th Annual Conference of National Academy of Psychology entitled "Psychology in India: Past, Present and Future" held from October 22-24, 2001 at Fatima Mata National College, Kollam, Kerala

By the ways of looking at 'consciousness'
Lecture at the Vivekananda Kendra Institute Bangalore at the seminar on Quantum Mechanics and Consciousness, August 2001

Binding Experiences: The Harder Problem of Consciousness
Presentation at the international seminar on "Science and Metaphysics: A discussion on consciousness and genetics", organised by National Institute of Advanced Studies, Indian Council of Philosophical Research and Templeton Foundation, 2001

A few more questions about 'consciousness'
NIAS NEWS, Newsletter of National Institute of Advanced Studies, Bangalore, Vol10.No.1, January 2001

Revisiting the Bhagavad Gita: Love, Wisdom and
Self-realisation Lecture at the Nightingale Centre
for the Elderly, Bangalore Nov24th 2001

Beside the 'Intensor' and the 'Integrator': Looking at the Two 'Faces' of Consciousness
Invited Lecture at the Second International Conference on Integral Psychology, Sri Aurobindo Ashram, Pondicherry, 6th January 2001
(paper forthcoming in the Proceedings of the conference)

Looking at Mind: Thoughts from Indian Philosophy
Lecture at Choksy Hall, Indian Institute of Science, Bangalore, on 19th October 2000.

A Digital Panorama: Selections from the Manuscripts Collection of National Museum and National Archives Presentation of the CD Title(as above), at National Institute of Advanced Studies on
10th August 2000

Behind the Eluding: Tracing the 'known' and the 'unknown'
Lecture at Indian Institute of Advanced Study, Shimla, at the
summer school on "Working of Mind" on 21st June 2000

Unchanging Answers and Changing Questions: On
Philosophical Thinking Lecture at National Institute of
Advanced Studies, 29th March 2000

Structure of Mind and Structured Mind
Presentation at the national Seminar organised by Indian Council
of Philosophical Research, in Jaipur/ New Delhi, February 2000.

Scope of NIAS Digital Archiving
Method Presentation at NIAS, 5th
November 1999

The Bhakta and the Mind of the Bhakta in the Bhagavad Gita
and Narada Bhakti Sutras International Congress on Vedanta(
Theistic Systems and Bhakti Traditions) in Hyderabad , August 9-
12, 1999.

The Selfish Meme and The Selfless Atma: On Self,
Selfishness and Selflessness Lecture at NIAS on 23rd June
1999.

Consciousness: Adi Sankaracharya's View
Centre for the Foundations of Philosophy and Science , New Delhi, 13th May 1999

Consciousness: the past and the present
Lecture at Ma Anandamayi Hall, Bangalore, organised by
Veda Adhyayana Kendra, March 6th 1999.

Understanding the 'What' and 'Where' of Consciousness: Revisiting the Bhagavad Gita to
ask a Few more Questions Lecture at the First National Conference on "Scientific and
Philosophical Studies on Consciousness" at NIAS, 11th February 1999.

Consciousness Studies--Current Status of Discussions
Lecture on the Award ceremony Function of the "Gita
Puraskaram" Organised by Bharatiya Vichara Kendra,
Thiruvananthapuram, Kerala, September 1998.

Consciousness-What? Where?--- An overview
Panel lecture for the Symposium on "Vedanta, Ancient
Insights and Modern Science" at R.V Teacher's college,
Bangalore ,May 1998.

Towards a Vedantic Approach to Consciousness: The 'hard problem' revisited Poster Presentation for 'Towards a Science of Consciousness', Tucson III Meet , Tucson, Arizona , U.S., April 1998.

Looking into the myth and meaning of 'panchakanya' or the Hindu notion of ideal women Lecture at the American Academy of Religion Meet in Claremont, California ,March 1998.

The 'hard' and 'harder' problem of consciousness Faculty lecture at NIAS , Bangalore, February 1998.

Evolution of mind and consciousness in Indian thought Lecture at National Institute of Advanced Studies for the University Teachers' Course ,Bangalore, October 1997.

Towards a Sankarite approach to consciousness: A discussion in the context of recent interdisciplinary scientific perspectives. Presented (panel on consciousness and science) at the International Vedanta Congress organised by Miami University and Rishikesh, July 1997.

Is consciousness intentional? A discussion in the context of Indian thought Lecture for the Faculty of National Institute of Advanced Studies, Bangalore, April 1997.

Ancient Values from Bhagavad Gita Lecture at National College, Bangalore, January 1997.

Karma in Bhagavad Gita Presented at World philosophers' Meet, Poona, November,1996.

The Concept of Consciousness in Bhagavad Gita Presented (as Resource Person) at the conference on Two faces of Consciousness , Institute for Yoga and Consciousness & Department of psychology and parapsychology, Andhra University, Visakh, October 1996.

An existential approach to two levels of consciousness with special reference to the Bhagavad Gita pragmatics Presented at the conference on Two faces of Consciousness ,Institute for Yoga and Consciousness & Department of psychology and parapsychology, Andhra University, Visakh, October 1996.

The ontological pragmaticity of Karma in Bhagavad Gita Presented at 10th World Sanskrit Conference and appeared in Abstract of Papers, at Bangalore in

January 1997.

Is philosophy of religion scientific?

Lecture at Seminar on Science and Religion, for the project on History and philosophy of Science, Indian Institute of World Culture, Bangalore, December, 1996.

Vedic and Darsana tradition of knowledge communication and methodology Lecture to the participants of University Grants Commission Teachers' Course, Bangalore, October 1996.

Work dynamics and Meditation in Bhagavad Gita

Lecture at Veda Adhyayana Kendra, Bangalore, August 1996.

The concept of consciousness in Bhagavad Gita

16 February, Wednesday Lecture, National Institute of Advanced Studies, Bangalore, 1996.

Intentionality and Integrality in Bhagavad Gita:

A phenomenologico-existential study

Presented at seventh International Vedanta Congress at Madras in January 1996 and appeared in Abstract of Papers.

Philosophical Foundations of Indian Culture

Presented at Indian Council of Philosophical Research Young Scholars' Meet at Thiruvananthapuram in 1995.

The Gita way of Creative Living

Abstract of Papers, Indian Philosophical Congress at Thiruvananthapuram in 1993.

Person-making Education

Presented at Shri Ramakrishna Ashram at Thiruvananthapuram in January 1992

Philosophy and Social Studies

Presented at Indian Council of Philosophical Research Young Scholars' Meet at Lucknow in 1991.

RESEARCH GUIDANCE

Post-doctoral Associate

Gagan Deep Kaur (Post-doctoral Associate, NIAS Consciousness Studies Programme, NIAS)

Mentor: Sangeetha Menon, V V Binoy

Topic: Investigation of the cognitive properties of a cryptographic system, called, talim, used in Kashmiri-carpet designing.

Doctoral Students

Lakshmi Kutchibotla,

NIAS Supervisor:

Sangeetha Menon

Topic: Self and Wellbeing: A qualitative approach with focus on the Mahabharata Thesis submitted and Doctoral degree awarded in 2015 by Dept of Psychology, Mysore University

Namitha Kumar, NIAS

Supervisor: Sangeetha Menon

Topic: A Study of Subjectivity and Selfhood in the Context of Subjects with Physical Disabilities: A Theoretical Approach Thesis submitted and Doctoral degree awarded in 2016 by Dept of Psychology, Mysore University

Sabina Sweta Sen, Exeter

University Topic: Sense, Essence and Body in Oddissi dance.

(Thesis submitted and Doctoral degree awarded in 2015 by University of Exeter, UK)

Aneesha Sharma, IIT-

Mumbai Co-Supervisor:

Sangeetha Menon

Topic: A study of 'Let go' experience in visual artists and designers Thesis submitted and Doctoral degree awarded by IIT Mumbai in 2012

Dr. Shankar Rajaraman, NIAS

Topic: Self-conscious Emotions and Indian Psychology (5th Year at NIAS)

Siddharth, S NIAS

Topic: Metaphysics of Conscious Experience (2nd Year at NIAS)

Themistoklis I. Pentakalos (Fielding Graduate University, Santa Barbara)

Eternal Examiner, for degree of Doctor of Philosophy in Human Development.

Degree awarded.

Topic: Illuminating the non-dual self through the writings of Ramana Maharsi and Nisargadatta Maharaj.

2014-2015 Research Interns

Andrew Korah (BA, Christ University)
Topic: Self and personal identity in science fiction movies

Sr Ann Maria (BA, Christ University)
Topic: Poetry on Nature and Elements of Transcendence

Karthikeyan Palaniswamy (MA, IIT-Gandhinagar Cognitive Sciences Centre)
Topic: Self in Rubberhand illusion experiments
Short Report completed.

Adityanarayan Ravishankar (MA, Delhi University)
Topic: Self as process and the existential lack

Meera Kumar (Research Intern in 2014)
is a study on “
Topic: Desire and Self – Representation: A psychosocial study of the Malayalam novelette ‘Agnisakshi’. Paper manuscript first draft completed.

Jillian Katz, (from Brain and Cognitive sciences Programme, MIT)
Topic: Inner speech and introspection as ways to access thought

Pallavi Verma (BA, Christ University)
Topic: ESP and common misperceptions

2010-2013

Parul Sood and Sangeetha Menon
Integrated M.Sc (School of Biological sciences) student from

National Institute of Science Education and Research, Bhubaneswar completed a report on “Indian Psychology as a Basic Tool of Psychotherapy”. (Report available)

Roopa H Narayan and Sangeetha Menon
Sanskrit post-graduate student completed a report on “The theory of consciousness or Self in the Vaisesika”

Geetha Anand and Sangeetha Menon
Prepared a master database of psychological terms and their Sanskrit equivalent in three books on Indian psychology by Kuppuswami Sastri and Jadunath Sinha was completed. Project sponsored by Indian Council of Philosophical Research. Report submitted to Indian Council of Philosophical Research.

Vivek Kumar (IIT Kanpur)
Summer Intern 2012

Shankar Rajaraman and Sangeetha Menon (2011)
Philosophical foundations of recent neuropsychiatric narratives on self and body. Project study sponsored by Indian Council of Philosophical Research. Report submitted to Indian Council of Philosophical Research.

Peter John, Summer 2011 on “Metaphysics, Altruism and Law”, Jindal Global Law School, New Delhi

Divya Subramanian, Summer 2011 on “Emotions and Aesthetics”, Cornell University, USA

Reviewer and External Examiner for Doctoral theses from Dept of Humanities and Social Sciences - IIT-Mumbai , Dept of Philosophy, University of Delhi, Bansthali University - Rajasthan, Institute for English - Kerala University.

Recent events - Courses at NIAS

“Research Writing and Communication”, a Closed Discussion group (by invitation) for primarily for my Doctoral students, interns and associates, through Facebook Egroups, 2014

"Behaviour, Cognition, Consciousness", Consciousness Studies Programme Second Semester 2014, at National Institute of Advanced Studies, Bangalore

Guided Writing Course on "Self, Subjectivity and its Affect" First Semester 2013, at National Institute of Advanced Studies, Bangalore

Guided Writing Course on "Body and Self in Disability Studies" Second Semester 2012, at National Institute of Advanced Studies, Bangalore

Guided Reading and Writing Course on "Philosophy of Psychology"- Part 2 January to April 2012, at National Institute of Advanced Studies, Bangalore

Self in Indian Psychology
Foundation Course Lecture for Doctoral Students, at National Institute of Advanced Studies, Bangalore, 27 October 2011.

Signs of Self
August to November 2011, National Institute for Advanced Studies, Bangalore. Egroup:
<http://tech.groups.yahoo.com/group/selfandconsciousness/>

Guided Reading and Writing Course on "Philosophy of Psychology"- Part 1 August to November 2011, at National Institute of Advanced Studies, Bangalore

Human Predicaments, Conflicts and Self-transformation: A Study of the Mahabharata and its Characters -- Part I Egroup Website:
<http://groups.yahoo.com/group/mahabharatastudies/> (2010-2011)
National Institute of Advanced Studies, Bangalore

Basic writings and narratives in neuropsychiatric literature Guided Reading and Writing Course (2010)
National Institute of Advanced Studies, Bangalore

Kathopanishad: Its philosophy and psychology
Humanities Course module lecture for students of School of Humanities (2010) National Institute of Advanced Studies, Bangalore

Indian psychology: Philosophy and psychology of
Human Flourish Foundation Course module lecture
(2010)
National Institute of Advanced Studies, Bangalore

Narratives, Stories and Story-telling: A
discussion on Upanishads An online (Skype)
monthly course for overseas students (2010-11)
National Institute of Advanced Studies,
Bangalore

Guest Lectures as part of Course run by Centre for Research, Christ University for its Doctoral
scholars (March, 2011)

- a. Qualitative approaches for Research in Psychology and Mental Health
- b. Consciousness studies and Interdisciplinarity in Research

Humanistic Psychology and Classics (2009) –
3credit course National Institute of Advanced
Studies, Bangalore

Humanities Course 3 lectures (taught for 9 hrs):
i. Body (Food) in Indian psychology and philosophy
ii. Emotions and Patanjali Yogasutra
iii. Self in Prasna Upanishad
National Institute of Advanced Studies, Bangalore

Indian psychology – lecture for Foundation Course, NIAS doctoral
students (Fall, 2009) National Institute of Advanced Studies,
Bangalore

Menon, 2011. *Communicating an Idea, Communicating an Image*
Designed and conducted Workshop on Communication at National Institute of Advanced
Studies, Bangalore, 6-7 September 2011

"Communicating an Idea, Communicating a Visual" - Workshop on Communication for
Doctoral students, 29-30 October 2009
National Institute of Advanced Studies, Bangalore

Wellbeing – in Mahabharata and Positive psychology
(Fall 2010) National Institute of Advanced Studies,
Bangalore

AWARDS, DISTINCTIONS, PROFESSIONAL BOARD & COMMITTEE MEMBERSHIPS (recent)

- :: Committee Member, Institutional Committee for Stem Cell Research, Indian Inst of Science, Bangalore
- :: Committee Member, Institutional Committee for Stem Cell Research, JNCASR, Bangalore
- :: Board Member, International Association for Transpersonal Psychology (2009 to date)
- :: Council Member, Indian Council of Philosophical Research (2012 to 2015)
- :: Taskforce Member, Cognitive Science Initiative of Dept of Science and Technology, Govt of India (2013 to current)
- :: Nominated Member, International Society for Science and Religion, St Edmund's College,

Cambridge (2009 to date)

:: Member, Institutional Ethics Committee, Indian Institute of Science, Bangalore (2010 to date)

:: Board Member for Shankar IAS Academy, Chennai to conduct UPSC Mock Interviews (16-17 May 2015)

:: Invited to be a Member of the Academic Advisory Committee of Institute for Communicative and Cognitive Neurosciences, Shoranur.

:: Invited to be a Member of the Programme Committee & Reviewer of submissions on emotions, 2nd Annual Conference on Cognitive Science (ACCS), 5-8 July 2015, IIT Kanpur.

:: Member, Membership Committee, International Society for Science and Religion, Cambridge (2013, 2014)

:: Contributing Editor, International Society for Science and Religion, Cambridge (2010)

:: Adjunct Faculty, Gitam University, Vishakapatnam (2010 to date)

:: Academic Advisory Committee Member, Centre for Traditional Knowledge Systems – IGNOU, Delhi (2010 to date)

:: Member, Seminar Grants Committee, Indian Council of Philosophical Research, New Delhi (2011)

:: Member of the panel to review the Annual Progress Presentations (APR) at IDC, IIT Mumbai.

:: Invited to be a panelist at the World Parliament of Religion (in Melbourne, December 2009) on “Science, spiritual traditions and environment”. The four co-panelists included Dr Peter Doherty, Nobel prize winner (1996) for Medicine.

:: Young Philosopher National Award, from Indian Council of Philosophical Research, for the year 2003

:: The “Swami Pranavananda Philosophy Trust of India National Award”, for the year 1988

OTHER DISTINCTIONS

- Invited Speaker, International Transpersonal Psychology Conference, Moscow, 2010

- Extension Lecture, Suvidya College Institute for Philosophy and Religion, Bangalore, 2011

- Special Address, National Seminar on Bhagavad Gita, Ramakrishna Mission Institute of Culture, Calcutta, 2011

- University Extension Lecture, Aligarh Muslim University (2010)

- Valedictory Address, Indian Psychology Conference, Aligarh Muslim University (2010)

- Invited Panellist, World Parliament of Religions, Melbourne (2009)

- Shivdasani Visiting Fellow, Oxford Centre for Hindu Studies, Oxford University (2007) (www.ochs.org.uk/people/professor-sangeetha-menon)

- Visiting Professor, Nanzan Institute for Science and Religion, Japan (2007)

- Member, Leonardo/OLATS and Al Andalus Foundation (2004)
- Member, Board of Distinguished Visiting Scholars, Dharma Academy of North America (2002)

JOURNAL & BOOK REVIEWS (recent)

Sangeetha Menon Reviews papers and books for *Journal of Cross-cultural Psychology*, *Philosophy of Psychology*, *Interdisciplinary Description of Complex Systems*, *Philosophy Study*, *Psychology Press*, *Sage Publications*, and few others.

Guest Editor. *Consciousness and Leadership* Special issue, IBA Journal of Management and Leadership, Vol. 2 Issue 1

Wrote endorsements for an anthology *Psychology and the Perennial Philosophy: Studies in Comparative Religion*, published in late 2012 by World Wisdom, compiled and edited by Samuel Bendeck Sotillos

CONFERENCES, SEMINARS & TRAINING COURSES ORGANISED (recent)

Organised a Brain-storming meeting on “Consciousness, Cognition and Culture” supported by DST, CSRI, at NIAS December 2014.

Binoy VV and Sangeetha Menon organised a one day Workshop on “Martial Arts: Body-Mind Harmony”, 13 March 2015 at NIAS

Looking Within, International
conference National Institute Of
Advanced Studies 2012

A report has been published in *Current Science* (Geetanjali Monto) appraising the Conference
<http://www.currentscience.ac.in/Volumes/102/05/0662.pdf>

Consciousness, Experience and Ways of Knowing: Perspectives from Science,
Philosophy and the Arts National Institute Of Advanced Studies 2006

Science and Beyond: Cosmology, consciousness and technology
in Indic traditions National Institute of Advanced Studies,
Bangalore, 2004

Science and Metaphysics: A discussion on
consciousness and genetics National Institute of
Advanced Studies, Bangalore, 2002

Scientific and Philosophical Studies on
Consciousness National Institute of
Advanced Studies, Bangalore, 1999

Seminar on *Self and self-transformation* sponsored by Indian Council of
Philosophical Research. Venue – NIAS (December, 2009)

2nd discussion meeting for the *Sourcebook of
Indian psychology*. sponsored by Indian
Council of Philosophical Research

NIAS (2009)

Nature and Culture, (with Prof R Narasimha), National Seminar

INSTITUTIONAL COORDINATIONS AND INITIATIVES AT NIAS, Bangalore

Coordinator of NIAS Wednesday discussion meetings With Sharada Srinivasan

Coordinates NIAS Literary Forum

Coordinated and conducted the 19th, 20th, 21st, 22nd and 23rd NIAS Course for Senior Executives ON "Excellence in Leadership".

(56 nominations received, and 45 confirmed participants (fee: @ Rs.75,000/-) in the 23rd Course held in 2009, which was a record number)

Coordinated NIAS Canteen

Committee, 2009 Member of NIAS

Building Committee, 2008 Member of Course Cell Committee, 2008

Member of NIAS Library Committee, 2012 to date

Conceptualised, and Compiled NIAS Brochure for 2007, 2008, 2010, 2011, 2012, 2013 and 2014

Conceptualised, and Compiled NIAS Annual Report for 2010, 2011, 2012, 2013, 2014, 2015 Reconceptualised the NIAS Website in 2011

as its Content Editor and Graphic designer Editor for Conference Videos (2012);

Graphic & Content Editor for Consciousness Conference Website

In-charge of Entrance examination (written test) for the PhD programme 2011