

Nirāmayatā निरामयता

Healing and Wellbeing in South Asian Texts and Practices

6–7 October 2026

India International Centre, New Delhi

Day 1

Tuesday, 6 October 2026

Seminar Halls I–III, First Floor, Kamaladevi Complex, India International Centre, 40, Max Müller Marg, New Delhi

9:00 AM Registration

9:30 AM Inaugural Session

9:30 Welcome Address — **Shri K.N. Shrivastava**, Director, IIC

9:35 Lamp Lighting

9:40 Introduction to the Conference — **Dr Sudha Gopalakrishnan**, Executive Director, IIC–International Research Division

9:45 Inaugural Address — **Shri Anil Rajput**, Chairperson, Bharat ki Soch

9:55 Remarks by the President — **Shri Shyam Saran**, President, IIC

10:05 AM Keynote Address

‘Achieving Healthiness and the Absence of Illness in Ayurveda’

Prof. Dominik Wujastyk, University of Alberta, Canada

11:30 AM Session 1 Texts and Concepts on Medical Thought

Chair: Prof. G.G. Gangadharan

‘What Medical Literature Can Reveal: Dissection in the *Suśrutasamhitā*, Internal and External Transmission’

Prof. Kenneth G. Zysk, University of Copenhagen

‘Gāruḍa Tantra Traditions in Kerala: Manuscripts, Treatments, and Practitioners’

Dr S.A.S. Sarma, Centre of the École française d’Extrême-Orient, Pondicherry

‘Translating and Transforming Medical Knowledge: *Majmū‘ah-i Żiyā‘ī* and the Encounter of Persianate, Unani and Ayurvedic Traditions in Medieval India’

Dr Mehsan Barawaz, KRASWA Unani Pharmaceuticals

2:00 PM Session 2 Mind and Body in Asian Medical Traditions

Chair: Dr S. Irfan Habib

‘Successful Clinical Outcomes in Siddha’

Dr G.J. Christian, National Institute of Siddha, Chennai

‘Kalari and Marma Chikitsa’

Guru Sathyanarayan G. Nair, C.V.N. Kalari Sangham, Thiruvananthapuram

‘From *Svastharaḥṣaṇīya* to *Svasthavṛtti*: How *Suśruta*’s Chapter on Preserving a Person’s Health Changed’

Dr Jason Birch, University of Alberta, Canada

4:00 PM Session 3 Knowledge on Healing and Wellness: Exchanges Across Asia

Chair: Prof. Syed Akhtar Husain

‘Sowa Rigpa System of Medicine for Healing and Wellness in Asia’

Dr Padma Gurmet, National Institute of Sowa Rigpa, Leh

‘Balinese Cosmic Blueprints: Inherent Vulnerability and Herbal-Ritual Solutions in the *Wraspati Kalpa*’

Mr Sugi Lanus, Cultural historian and researcher on herbal remedies in Balinese *lontar*

‘Embodied Living Practice: Ritual, Healing, and Contemporary Applications’

Ven. Myosen Sato, Buddhist priest, prayer master and author, Koyasan, Japan

6:00 PM Incense, Meditation and Yoga Workshop

Ven. Myosen Sato

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Day 2

Wednesday, 7 October 2026

Seminar Halls I–III, First Floor, Kamaladevi Complex, India International Centre, 40, Max Müller Marg, New Delhi

9:30 AM
Session 4

Dialogue Between Traditional and Modern Approaches to Medicine

Chair: Dr Viswajanani Sattigeri, Traditional Knowledge Digital Library

‘Traditional Knowledge as a Source of Innovation’

Prof. Bhushan Patwardhan, Chancellor, Deccan College Postgraduate and Research Institute

‘Ayurveda from the Perspective of a Physicist’

Prof. Dr Rama Jayasundar, Former Head, Department of NMR & MRI, All India Institute of Medical Sciences, New Delhi

‘An Integration of Traditional and Contemporary Medicine: Future of Medical Care’

Prof. Rana Pratap Singh, Vice Chancellor, Gautam Buddha University

11:30 AM
Session 5

Medical Knowledge and Environmental Imagination

Chair: Dr Sudha Gopalakrishnan

‘European Documents on Traditional Medicines of South India, 16th–18th Century’

Dr Annamma Spudich, Independent scholar, History of Indian Medical Traditions (joining on Zoom)

‘Local Health Traditions in their Ecological Context: Knowledge, Culture and Healing in Northeast India’

Dr Nemthianggai Guite, Centre of Social Medicine and Community Health, JNU

‘Knowing the Land, Naming the Resource: Regional Environmental Awareness in Cakrapāṇidatta’s *Dravyaguṇasamgraha* and Mādhavakara’s *Paryāyaratnamālā*’

Prof. Nupur Dasgupta, Professor of History of Science and Medicine, Jadavpur University

2:00 PM
Session 6

Round Table: Future Directions for Traditional Knowledge

Chair: Dr M. Maddur Srinivas, NITI Aayog

Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH

Prof. Pradeep Kumar Prajapati, Director, All India Institute of Ayurveda

Prof. V. Sujatha, Professor of Sociology, JNU

Dr Sanketh Venkatapati Sharma, Assistant Professor, Trans-Disciplinary University, Bengaluru

4:00 PM

Valedictory Session

Chair: Shri Shyam Saran, President, IIC

Summing Up

Prof. S. Dhanalakshmi, Conference Convener, and Dean, School of Biotechnology, Gautam Buddha University

Vote of Thanks

Shri Kanwal Wali, Secretary, IIC