

# Mindfulness and Integrative Medicine Seminar (MIMS)

2008-2009 Monthly speaker series of MARC/PNI/CNS

**Monday, December 15, 11AM-12PM**

(12-1PM optional didactic discussion)

UCLA Semel Institute (NPI), Room C8-885 @ 740 Westwood Plz, Los Angeles, CA 90095

*Admission Free. Reservations not needed. Refreshments are provided*

**Babu Adhimoolam, M.B.B.S, M. Phil, M.S.**

Department of Psychology, UCLA

## *“Voluntary modulation of respiration phase duration and its effects on thought suppression and cortical oscillations.”*

**ABSTRACT:** Voluntary modulation of respiration has been practiced since ancient times as an integral part of yoga under the name of Pranayama. Across various schools of yoga, Pranayama has been practiced for achieving control of the mind and to modulate states of consciousness. The impact of such practices on mental health and well being has aroused immense scientific interest among neuroscientists pertaining to the neural mechanisms underlying such modulation. In my talk I will focus on the potential neural substrates that could underlie such modulation and also discuss the implications of such modulation to the therapy of various neurologic and psychiatric disorders.

**BIO:** Babu Adhimoolam obtained his medical degree (M.B.B.S) from Madras Medical College, India. Subsequently, he got his M. Phil degree in Neuroscience from National Institute of Mental Health and Neuroscience, India and also an M.S degree in Neurobiology from University of Iowa. He is currently a research associate in Dr. Barbara Knowlton's lab and Dr. Bruce Naliboff's lab at UCLA

**For more information:** [www.marc.ucla.edu](http://www.marc.ucla.edu) or 310.206.7503

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Center for Neurobiology of Stress (CNS)  
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*Note: This is an educational program, not a clinical treatment*

