Unit 1


Unit 2

Neurotransmitters: Types of Neurotransmitters, Functions of Neurotransmitters, Pathology involving Neurotransmitters

Unit 3

Physiology of Stress: Stress Models, Stress and Changes in Physiology, Stress and changes in Behaviour

Unit 4

Physiology of Meditation: Types of Meditation, Action of the Prefrontal and Cingulate Cortex, Thalamic Activation, Hypothalamic and Autonomic Nervous System Changes, Hippocampus and Amygdala Activation, Autonomic -Cortical Activity, Neurotransmitter Activity

Unit 5

Meditation and Neuroscience of Consciousness: The Intersection of Neuroscience and Meditation, Mechanisms of Mind-Body Interaction, Meditation and Physiological Baselines, Neuroelectric and Neuroimaging Correlates of Meditation, Brain imaging Techniques used in Meditation Research

TEXT BOOKS/ REFERENCES:

