

## DR. B. M. PALAN: PROFILE

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Dr. Bhupendra M. Palan, born on May 24, 1951 worked as Assistant Professor of Physiology at Medical College, Vadodara from 1981 to 1995. Earlier he worked in the Department of Physiology at M. P. Shah Medical College, Jamnagar from 1975 to 1981. He was also in charge of the “Psychosomatic Medicine and Hypnotherapy Clinic” at the S. S. G. Hospital, Vadodara from 1987 to 1995. Dr. Palan opted for voluntary retirement from the Government service in June 1995 after working for 20 years. He worked as Professor of Physiology (teaching Neurophysiology) at Smt. B.K. Shah Medical College and Research Institute, Wagodia from 2003 to 2021. Dr. Palan was a post-graduate teacher, examiner, and Ph.D. guide in Physiology with the M. S. University of Baroda. He was a core faculty for the national level Basic and Advanced Courses in Hypnotherapy held by the ISCEH.



Dr. Palan is the founder and Director of Samatvam: Institute for Mind-Body Healing, Healthy Living and Realizing Human Potential, Vadodara. Dr. Palan contributed to creation of a one-year P.G. Diploma course in Clinical and Applied Hypnosis run (since 2000) by the M.S. University of Baroda and he is one of the main faculties for the same. He created an Online P.G. Diploma course in Clinical Hypnosis, offered by Charotar University of Science & Technology (CHARUSAT) since 2016.

Dr. Palan obtained his basic qualification in Medicine (M.B.; B.S.) and post-graduate degree (M.D., Physiology) from Saurashtra University, Rajkot. He was then trained in Medical Hypnosis through the Basic Hypnotherapy Training Course of the Indian Society for Clinical and Experimental Hypnosis (ISCEH) in 1982. He also participated in several International Advanced Workshops in Hypnotherapy at Toronto, Canada (1985) and at The Hague, the Netherlands (1988). Dr. Palan is the first and the only doctor in India to have obtained Diploma in Clinical Hypnosis from the American Board of Medical Hypnosis (ABMH), USA. He is also a Yoga Teacher and he teaches the subject, “Mental Health and Yoga” for the Yoga Teacher’s Training Courses at Yoganiketan, Vadodara since 1991.

Dr. Palan has contributed at National and International levels in the academic journals and books in the areas of Stress Management, Psychosomatic Medicine, Yoga and Hypnotherapy. He is a life member with Association of Physiologists and Pharmacologists of India and Indian Society for Training and Development, Indian Society of Clinical Psychologists and International Brain Research Organization. Dr. Palan is founder President of Academy of Hypnosis, India.

In association with his colleagues and students, Dr. Palan has developed a “Holistic Stress Management and Self-development (HSM & SD) Programme” (now known as “**tranceformation**”) which he has been conducting for the executives in various industrial and academic organizations, like KRIBHCO, Surat; Reliance Petroleum Limited, Vadodara, Jamnagar, Dahej, Hajira; GNFC, Bharuch; IRMA, Anand; L & T, Vadodara; Ambuja Cement, Raipur, Senior Naval Officers, Indian Navy, Delhi; Teachers of New Era Secondary School, Tejas Vidyalaya and Baroda High-School, Bhavan’s Public School to name a few. He conducted workshops at Dubai (2013), LA, USA (2014) and NJ, USA (2015) also.