

2nd International Conference of Academy of Hypnosis 2025



CRE Accredited

24 - 25TH January 2025, ICAoH 2025

📍 Pondicherry University (UT of Puducherry)



Organised By:
Academy of Hypnosis, India.

In Collaboration with:
Indian School Psychology Association (InSPA)

FOCAL THEME

Hypnosis across Lifespan:
Promotion, Prevention & Intervention



www.academyofhypnosis.in

ICAoH 2025 SUPPORTED BY:



Institute of Psychiatry, Kolkata



Indian Academy of Health Psychology



Clinical Psychology Society of India



Academy of Hypnosis, India (AoH)

- Academy of Hypnosis, India established in 2022, is a professional organization with a membership of qualified professionals from various branches of psychology, medicine, dentistry, and physiotherapy who specialize in hypnotherapy. The mission of AoH is to promote, advance, and safeguard the interests of hypnosis as a profession and a specific discipline of science engaged in teaching, research and applications for human welfare.

Indian School Psychology Association (InSPA)

- The Indian School Psychology Association (InSPA), established on 15th August 2015, is a voluntary non-profit educational service Society that supports and advocates for school psychologists to provide professional training, to have a positive impact on school systems, to improve academic skills, social-emotional functioning, mental health and well-being of all school children.



புதுவைப் பல்கலைக்கழகம் / பாண்டிச்சேரி विश्वविद्यालय/
PONDICHERRY UNIVERSITY

(केंद्रीय विश्वविद्यालय / A Central University)

யு.ஜி.சி - மாளவியா மிஷன் ஆசிரியர் பயிற்சி மையம் / मालवीय मिशन शिक्षक प्रशिक्षण केंद्र
UGC - Malaviya Mission Teacher Training Centre (MMTTC)

பேராசிரியர் பாஞ். இராமலிங்கம் / प्राॅफ. पि. रामलिंगम /
Prof. PANCH. RAMALINGAM
இயக்குநர் / निदेशक / Director (i/c)

आर.वी.नगर / R.V. NAGAR, कालापेट / KALAPET,
पुदुच्चेरी / PUDUCHERRY - 605 014.
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PU/MMTTC/2024-25/AoH/963

4.09.2024

Welcome to Pondicherry University

I am happy to welcome all the office bearers of the Academy of Hypnosis and the active delegates of the 2nd International Conference of Hypnosis at Pondicherry University on 24-25th January 2025. Considering the importance of the subject knowledge of the Academy of Hypnosis, the Indian School Psychology Association is collaborating with the Academy to organise the second International Conference of the Academy of Hypnosis.

I assure you the ambience of the venue is suitable to organise the International Conference with necessary infrastructure. In addition to that comfortable stay, delicious food and local sight seeing will also be arranged.

I am grateful to the team of AoH for choosing Pondicherry University as the venue and myself as the Organising Secretary.

I welcome all the members of both the Associations and delegates for active participation and fruitful interaction during the conference. Needless to say this is a unique opportunity for the academic professionals in psychology to interact hypnotherapists closely to understand the recent developments to face the challenges ahead.

Prof. Panch. Ramalingam

Organising Secretary, 2nd ICAoH 2025

Director, UGC-Malaviya Mission Teacher Training Centre,
Pondicherry University

President, Indian School Psychology Association (InSPA)

International President, Asia Pacific School Psychology Association (APSPA), Malaysia

About the Venue

Pondicherry University
Puducherry – 605014



Pondicherry University, accredited with “A” Grade by NAAC, is a Central University established by an Act of Parliament in October 1985. It is an affiliating University with a jurisdiction spread over the Union Territory of Puducherry, Lakshwadeep and Andaman & Nicobar Islands. The University’s objectives are to disseminate and advance knowledge by offering teaching and research facilities, to make provisions for studies in French and integrated courses in Humanities and the Sciences, and to promote interdisciplinary studies and research.

The University’s motto is ‘Vers la lumière’ meaning ‘towards the light’. The main campus is located at Kalapet, 10 km from the town of Puducherry, in a serene and beautiful campus of 800 acres adjoining the scenic Bay of Bengal.





CHIEF PATRON
Dr. K. Tharanikkarasu
Vice-Chancellor (i/c) Pondicherry University

PATRONS (PONDICHERRY UNIVERSITY)

- Prof. Clement Sagayaradja Lourdes, Director of Culture and Cultural Relations
Prof. Rajneesh Bhutani, Registrar (i/c)
Prof. D. Lazar, Finance Officer (i/c)
Prof. Sadanand G. Swami, Controller of Examinations
Prof. M. Vijayakumar, Librarian

OFFICE BEARERS AND EC MEMBERS, ACADEMY OF HYPNOSIS, INDIA



Dr. B. M. Palan
President

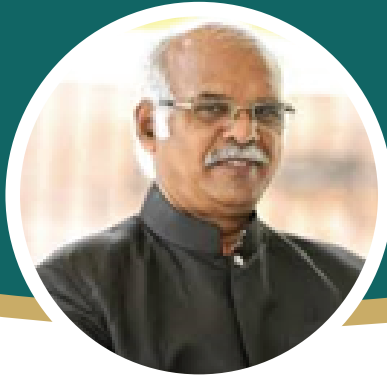
- Prof. Rakesh Jain, Vice-President
- Dr. Prasanta Roy, Treasurer
- Dr. Alok Prapanna
- Dr. Veena Panjwani
- Dr. T Santhanam
- Dr. Avnish Dave, General Secretary
- Dr. Yogesh Chandarana
- Dr. Jini Gopinath
- Dr. Renu Sharma
- Ms. Nidhi Kothiyal

CONFERENCE ADVISORY BOARD, ICAoH 2025

- Prof. N. K. Saxena, Kanpur
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- Dr. Dayal Mirchandani, Pune
- Dr. Nitin Shukla, Australia
- Prof. Amool Ranjan Singh, Ranchi
- Prof. NovRattan Sharma, AUMP, Gwalior



Conference Chairperson-
Prof. Rakesh Jain



Organizing Secretary –
Prof. Panch Ramalingam



Joint Organizing Secretary-
Dr. T. Santhanam

COMMITTEES OF ICAOH-2025

Committees	Chairperson
Reception Committee	Prof. Shahin Sultana
Scientific Committee	Dr. Prasanta Roy
Souvenir Committee	Dr. Veena Panjwani
Finance Committee	Dr. Alok Prapanna
Hospitality Committee	Dr. Yogesh Chandarana
Media Committee	Dr. Mathimaran Natarajan
Liaison Committee	Dr. Avnish Dave
Overseas Committee	Dr. Dayal Mirchandani
Cultural Committee	Dr. D. Rajendran
Event Coordination Committee	Ms. Manisha Joshi, Shri. Tejvirsingh Sadana

FOCAL THEME

Hypnosis across Lifespan: Promotion, Prevention & Intervention

SUB THEMES	
Hypnosis in Educational Setting	Hypnosis in Internet Addiction
Hypnosis in Digital Wellness	Hypnosis in Resilience Building
Hypnosis in Geriatrics	Hypnosis in Sexual Health
Hypnosis in Academic Stress	Hypnosis in Women's Health at different stages of Life
Hypnosis in Anxiety	Hypnosis in Interpersonal Setting
Hypnosis in Sports	Hypnosis in Spiritual Advancement
Hypnosis in Pediatric	Hypnosis in Work Life Balance

CALL FOR PAPERS

Professionals, scholars, and students interested in presenting their conceptual or research papers on the theme or any of the sub-themes of the conference are required to submit their abstract in soft copy (MS Word only) by email before

15th December 2024.

The abstract should include the following details

Title, Authors with affiliation, Introduction, Aim, Method, Results and Conclusion including 3-5 keywords.

Please use the latest APA format. The prescribed length of the abstract is 250 words.

For paper, symposium and workshop presentation, registration for Conference is compulsory.

Submit to: Research.ICAoH@gmail.com

CALL FOR SYMPOSIUM AND SHORT WORKSHOPS

The professionals qualified in hypnotherapy can submit their proposals for a symposium or short workshop. The time allotted will be one hour. The symposium and workshop will be accessible to every participant of the conference without any additional fee. The symposium and short workshops can be proposed only by registered delegates. The scientific committee will examine the proposal for acceptance which will be intimated to the presenters. The proposal in soft copy (MS Word) by email before 15th December 2024 should be submitted to the Chairperson, Scientific Committee on the following email ID: Research.ICAoH@gmail.com



AoH AWARDS



Dr. Hrishikesh Jana Oration Award

Dr. Jana was selected as a National Academy of Medical Sciences member in 1975. He started (for the first time in India) and headed The Psychosomatic Medicine and Hypnosis Clinic at Sheth Vadilal Sarabhai Hospital, Ahmedabad from 1983 to 1986. As early as 1960, following witnessing a demonstration of hypno-anesthesia by a medical student, Dr. Jana started the systematic exploration of the science of hypnosis which was published in the Journal of Applied Physiology. Dr. Jana in contact with contemporary renowned hypnotherapists, like Professor E. R. Hilgard, Dr. B. Raginsky, Dr. S. Paterson, Dr. A. Bhasker and Dr. L. E. Unestahl. in 1974 he took the charge as President of ISCEH and devoted his whole life for the development of the science of hypnotherapy in India. Dr. Jana was elected member of the Board of Directors of the International Society of Hypnosis for 1977-1979. Dr. Jana taught the science of hypnotherapy to hundreds of doctors, dentists and clinical psychologists all over the country through Hypnotherapy Training Courses of Indian Society for Clinical and Experimental Hypnosis.

LIFETIME ACHIEVEMENT AWARD-2025

The award will be conferred on a distinguished senior professional for significant contribution to the field of hypnotherapy.

1. Dr. S. Ramaswamy
2. Dr. Peter Fernandes

REGISTRATION DETAILS

Delegate Category	Till 31st Dec 2024	Spot Registration (Conference Kit as per availability)
AoH /InSPA/ CPSI Members	INR 5000	INR 6000
Non-Members	INR 6500	INR 7500
Students/Scholars	INR 3500	INR 4000
Accompanying person (No Kit)	INR 3000	INR 3500
Overseas (SAARC Countries)	USD 80	USD 100
Overseas (Others)	USD 130	USD 150

CONFERENCE REGISTRATION FEE WILL COVER

- ✓ Conference Kit
- ✓ Tea and Lunch for two days of the conference
- ✓ Admissions to inaugural functions, scientific sessions, invited lectures, short workshops, symposiums, and exhibitions



PRE-CONFERENCE WORKSHOPS DETAILS

- Non-Conference Attendees are also allowed to join the Pre-Conference Workshops .
- Pre-conference workshop registration cut-off date – 31st December 2024.
- All registrations from 1st January 2025 will be considered as spot registrations

Specialised Workshop Fees for Non-AoH Members

Date	Topic	Resource Person	Timings	Seats	Eligibility	Fees	Fees for Students *Proof mandatory	Spot Registration
23/01/2025	Healthy communication with students and Cognitive skill building techniques	Dr. B.M. Palan	10 am to 1 pm	100	Teachers & School Counselors	Rs. 100/-	NA	Rs. 100/-
23/01/2025	Hypnosis for successful dentistry	Dr. Yogesh Chandarana	2 am to 5 pm	50	Dentists/ Medical Professionals / Students	Rs. 1200/-	Rs. 750/-	Rs. 1500/-
23/01/2025	Hypnosis in Spiritual Advancement	Prof. Rakesh Jain	10 am to 1 pm	20	Hypnotherapists/ Psychologists/ Medical Professionals	Rs. 2000/-	NA	Rs. 2500/-
23/01/2025	Introductory workshop on hypnosis for beginners	Academy of Hypnosis	10 am to 5 pm	200	Minimum Graduation in any subject / Students	Rs. 1200/-	Rs. 750/-	Rs. 1500/-
23/01/2025	Hypnosis for Anxiety Management	Dr. Veena Panjwani	2 pm- 4 pm	50	Hypnotherapists/ Psychologists/ Medical Professionals / Students	Rs. 1200/-	Rs. 750/-	Rs. 1500/-
23/01/2025	Hypnosis in pediatrics	Dr. Avnish Dave	4:30 pm to 6:30 pm	50	Hypnotherapists/ Pediatricians/ Medical Professionals/ Psychologists / Students	Rs. 1200/-	Rs. 750/-	Rs. 1500/-

PRE-CONFERENCE WORKSHOP DETAILS

Specialised Workshop Fees for AoH /InSPA /CPSI Members						
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PLACES OF TOURISTS INTEREST



Auroville

- Auroville, also known as the “City of Dawn,” is an extraordinary international community located near Pondicherry, India. It was inaugurated on February 28th, 1968, with youth from 124 nations participating.
- The purpose of Auroville is to realize human unity beyond creeds, politics, and nationalities. It aims to be a universal town where people from all countries can live in peace and progressive harmony

Manakula Vinayagar Temple

- The Manakula Vinayagar Temple is a Ganesha temple in Puducherry's Union Territory.
- It is a popular pilgrimage site and tourist destination dedicated to Lord Ganesha.
- The temple has considerable antiquity and predates the French occupation of the territory.



Chunnambar Boat House

- The Chunnambar Boat House, nestled amidst serene backwaters, offers an easy escape from the hustle and bustle of city life.
- You can take a relaxing boat ride along the backwaters, connecting to the famous Paradise Beach—a top tourist attraction in Puducherry.
- For those seeking adventure, there are adrenaline-pumping water sports and beach activities.

PLACES OF TOURISTS INTEREST



Aurobindo Ashram

- Founded in 1926, the ashram is a spiritual community in Pondicherry, India.
- Sri Aurobindo, a philosopher and yogi, played a central role in its establishment.
- Integral yoga and self-realization are core practices for residents and seekers.

Mahabalipuram

- Mahabalipuram also known as Mamallapuram, is a coastal town in Tamil Nadu, India.
- UNESCO World Heritage Site: It boasts ancient rock-cut temples, monolithic structures, and intricately carved sculptures.
- Shore Temple: The iconic Shore Temple, dedicated to Lord Shiva, stands against the Bay of Bengal backdrop.



White Town

- White Town, also called the French Quarter, exudes a captivating blend of French and Indian cultures.
- Elegant Architecture: Cobblestone streets wind past colonial buildings with ornate wooden windows and doors.

PLACES OF TOURISTS INTEREST



Chidambaram N. Temple:

Chidambaram Nataraja Temple: The Chidambaram Nataraja Temple, also known as Thillai Nataraja Temple, is dedicated to Lord Nataraja (Shiva) as the cosmic dancer. It stands in Chidambaram, Tamil Nadu, India.

- **Ancient Roots:** With ancient origins, this temple has been a center of worship, art, and architecture for over two millennia.
- **Symbolic Significance:** Its intricate carvings depict the 108 karanas from the Natya Shastra, forming the foundation of Bharatanatyam dance.

Pondy Marina Beach

- Pondy Marina Beach is a new tourist attraction near the new lighthouse in Pondicherry.
- Developed under theme-based beach programs by the Pondicherry government, it follows a food-based theme.
- Located at Dubrayanpet, just 1.5 km from White Town, it offers a sandy beach experience.

