

The 11th Annual Meeting of the Mongolian Neuroscience Society (MNS) and 7th Asia Pacific Yoga Therapy Association Symposium in Ulaanbaatar, Mongolia 2024

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Abstract: The 11th annual meeting of the Mongolian Neuroscience Society (MNS), themed "Multidisciplinary Brain Science 2024", served as a significant international platform for fostering interdisciplinary collaboration and innovation in neuroscience and mental health. It was held on 2 and 3 August 2024, at the Ministry of Health and Ramada Hotel in Ulaanbaatar, Mongolia. The conference was organized under the auspices of MNS, in partnership with the International Brain Research Organization (IBRO), the National Center for Mental Health (NCMH), the Institute of Biomedicine at the Mongolian National University of Medical Sciences (MNUMS), and the Mongolian Yoga Association. The conference brought together diverse professionals, including neuroscientists, psychologists, medical professionals, researchers, and policymakers from the United States, China, Japan, Indonesia, Malaysia, and Mongolia. Participants shared their expertise, discussed cutting-edge research, and explored new avenues for collaboration in neuroscience and mental health. A pivotal focus of the event was the exploration of holistic mental health strategies, integrating modern neuroscience methodologies with traditional therapeutic practices such as yoga therapy. The conference further emphasised the importance of establishing a robust research infrastructure and fostering international collaborations to advance the fields of neuroscience and mental health research in Mongolia.

Keywords: Neuroscience; Mental health; Yoga; Meditation; Mongolia

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1.0 INTRODUCTION

The Mongolian Neuroscience Society (MNS) is a professional organization established in 2014, uniting neuroscientists, clinicians, psychologists, and other individuals with an interest in brain science ([Munkhbaatar et al., 2021](#)). Its primary goal is to develop and support neuroscience in Mongolia by creating a platform for research, education, and academic exchange. The society has grown to include 82 members and is affiliated with the International Brain Research Organization (IBRO) and the Federation of Asian-Oceanian Neuroscience Societies (FAONS).

The MNS hosts an annual meeting, which has become a significant event in the Mongolian academic community, attracting researchers, clinicians, and young scientists ([Badarch et al., 2023](#)). These meetings aim to stimulate collaborative work, raise public awareness of neuroscience, and encourage students to pursue careers in the field. The society also aims to establish research laboratories, centers, and institutes nationwide to enhance human resources in neuroscience.

The first day of the conference commenced with an inaugural ceremony, followed by keynote lectures that elucidated the state of mental health care systems and the emerging prospects in Mongolian neuroscience. Plenary sessions provided an analytical perspective on a broad spectrum of topics, including the role of astrocytes in glutamate release, the application of digital health tools in public health data collection, and the implications of sleep regulation on fatigue. Afternoon discussions addressed neuropharmacological approaches in treating neurological disorders, the neurobiological underpinnings of behavioral addictions,

and neuroscience-driven mental health interventions. The culmination of the day involved a roundtable session dedicated to fostering academic networking, followed by a poster session that showcased contemporary research findings.

The second day was dedicated to exploring the role of yoga therapy in mental well-being, with keynote addresses focusing on the impact of yoga on stress regulation, sleep modulation, and its relevance in psychosomatic medicine. Further deliberations investigated the neuroplastic potential of yoga therapy in neurodegenerative conditions. Afternoon sessions provided empirical evidence supporting yoga therapy's efficacy in clinical populations, demonstrating its benefits in oncological care, scoliosis management, and gastrointestinal health. Discussions throughout the symposium emphasized the importance of integrating yoga-based interventions into mainstream mental health paradigms, particularly within resource-constrained healthcare systems.

The event was attended by 92 participants, comprising 43 men and 49 women. The organizing team included 9 members and 5 volunteers (**Figure 1**). Attendees had varied educational backgrounds, with 50 holding a bachelor's degree, 10 with a Master's degree, and 32 with a PhD. The professional makeup of the participants included 34 medical doctors, 18 psychologists, 11 teachers, 7 representatives from the Yoga Association, and 22 biologists, chemists, or researchers. This diverse group contributed to the rich discussions and collaborative efforts at the conference, highlighting the interdisciplinary nature of neuroscience and mental health (**Figure 2**).



Figure 1: Photo taken on the first day of the 11th Annual Meeting of MNS, themed “Multidisciplinary Brain Science 2024”

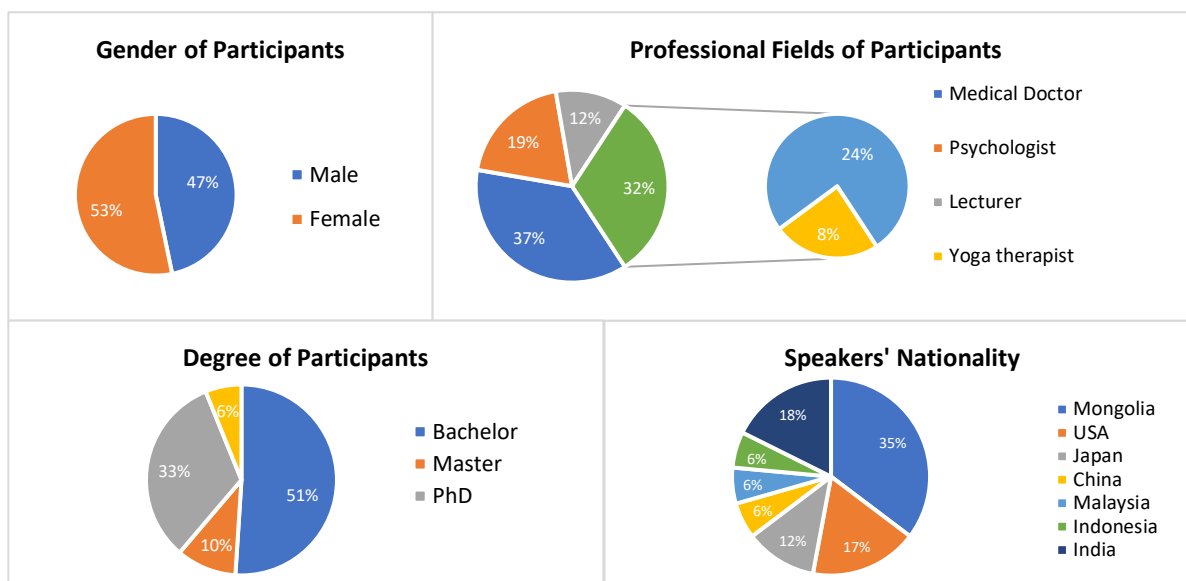


Figure 2: Participants' demographics.

2.0 THE 11TH ANNUAL MEETING OF THE MONGOLIAN NEUROSCIENCE SOCIETY

The opening ceremony marks the official commencement of the conference, featuring a virtual welcome address by Battuvshin Lkhagvasuren, the President of the Mongolian Neuroscience Society, and a speech by Bayarmaa Vanchindorj, Director of the National Center for Mental Health. Their words set the tone for the day's proceedings, emphasizing the importance of collaborative research and the potential of neuroscience to transform healthcare. **Figure 3** depicts the Multidisciplinary Brain Science 2024 conference main poster and schedule. The keynote lecture emerges as a highlight, with insightful talks on the current state of mental health care systems and the prospects of neuroscience in Mongolia.

Figure 4 presents all invited international participants: Dr. Vladimir Parpura, a distinguished professor at the International Translational Neuroscience Research Institute, Zhejiang Chinese Medical University; Dr. Nurhidayat, Consultant Psychiatrist and Head of the Department of Psychiatry, Jakarta University, Indonesia; Dr. Zurina Hassan, University Sains Malaysia's Centre for Drug Research; Dr. Vedrana Montana, Zhejiang Chinese Medical University; Dr. Keishin Kimura, President of the Japan Yoga Therapy Society; and Bao Haiying, Jilin Agricultural University, China.

Following a brief break, the first plenary lecture delved into a wide array of topics, including George J. Musa's presentation on using REDCap for public health data

collection, which highlights the potential of digital tools to enhance neuroscience research and data management. This session sparked discussions on the need for advanced data management systems to support research in Mongolia, emphasizing the importance of building computational infrastructure and capacity. The development of such digital tools is crucial for managing large datasets, particularly in neuroscience, where the complexity of data often presents significant challenges. The integration of digital tools and data science expertise was identified as a key priority for advancing neuroscience research in Mongolia and ensuring high-quality, replicable results.

The conference highlighted several significant advancements in neuroscience research. Dr. Vladimir Parpura from Zhejiang Chinese Medical University provided insights into the role of astrocytes in neurotransmission, focusing on glial cell function in the gut and nervous systems (**Figure 5**). His presentation highlighted the importance of understanding the roles of these cells beyond traditional neuronal models, suggesting potential therapeutic targets for various neurological disorders. Additionally, the session emphasized the importance of translational neuroscience, with discussions on establishing a brain tissue repository in Mongolia. This initiative aims to facilitate research on neurological conditions prevalent in Asian populations, potentially leading to breakthroughs in understanding and treating these disorders.

MONGOLIAN NEUROSCIENCE SOCIETY

Mongolian Neuroscience Society (MNS) is an academic non-profit organization, founded in 2014 in Ulaanbaatar, which is aimed to develop neuroscience in Mongolia and represent this field of science abroad.

Key Activities:

- Annual Meetings of MNS
- IBRO-APRC Ulaanbaatar Associate School
- Public Events and Lectures
- Brain Awareness Week (BAW)
- Collaborative Research Programs

The society's mission is to leverage science in order to enhance mental, physical, and social well-being of Mongolian people through innovations in policy, education, and research by providing a platform for interdisciplinary interactions, supporting the establishment of collaborative research programs, translating advances in neuroscience, molecular biology, genomics, and the behavioral and social sciences, as well as developing teaching concepts that strengthen the personality, collectivity, and creativity of the population.

Activities for Members:

- Networking neuroscientists through the events
- Mentoring young researchers
- Supporting in presenting their academic work at international and domestic conferences
- Providing career advice
- Assisting with opportunities to study abroad

TIMELINE

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MULTIDISCIPLINARY BRAIN SCIENCE 2024

INTERNATIONAL ACADEMIC CONFERENCE

THE 11th ANNUAL MEETING OF MONGOLIAN NEUROSCIENCE SOCIETY

August 2, 2024
Conference Hall B
Ministry of Health
Ulaanbaatar Mongolia

Sponsor:

MULTIDISCIPLINARY BRAIN SCIENCE 2024

2. AUGUST, 2024

INTERNATIONAL ACADEMIC CONFERENCE

08:30-09:00	REGISTRATION	CONFERENCE HALL OF THE MINISTRY OF HEALTH MONGOLIA
09:00-09:20	OPENING CEREMONY	
09:00-09:20	BATTUVESHIN LKHAGVASUREN, PRESIDENT, MONGOLIAN NEUROSCIENCE SOCIETY (VIBTUSA) BATARMAA VANCHINDORJ, DIRECTOR, NATIONAL CENTER FOR MENTAL HEALTH	
09:20-10:20	KEYNOTE LECTURE CHAIRS: NASANTSENGEL L. BULGANTUYA B	
09:20-09:50	BAYARMAA VANCHINDORJ - DIRECTOR, NATIONAL CENTER FOR MENTAL HEALTH, MONGOLIA TITLE: CURRENT MENTAL HEALTH CARE SYSTEMS AND INTERNATIONAL COMPARISONS	
09:50-10:20	GANTSETSEG TUMUR-OCHIR - HEAD, OUTPATIENT WARD, NATIONAL CENTER FOR MENTAL HEALTH INCHIN, MONGOLIA TITLE: DEVELOPMENT AND PROSPECTS OF NEUROSCIENCE IN MONGOLIA	
10:20-10:30	BREAK	
10:30-12:15	PLENARY LECTURE I CHAIRS: ENKHARGAL N. ALTANZUJ N	
10:30-11:00	VLADIMIR PARPURA - INTERNATIONAL TRANSLATIONAL NEUROSCIENCE RESEARCH INSTITUTE, ZHEJIANG UNIVERSITY, PRC; UNIVERSITY OF ALABAMA, USA TITLE: ASTROCYTES RELEASE GLUTAMATE BY REGULATED EXOCYTOSIS IN HEALTH AND DISEASE	
11:00-11:30	GEORGE J. MUSA - COLUMBIA UNIVERSITY NYSP, GLOBAL PSYCHIATRIC EPIDEMIOLOGY GROUP (GPEEG) TITLE: POTENTIAL USE OF REDCAP FOR PUBLIC HEALTH DATA COLLECTION IN MONGOLIA	
11:30-12:00	KEISHIN KIMURA - JAPAN YOGA THERAPY SOCIETY, JAPAN TITLE: WHAT IS YOGA THERAPY	
12:00-12:15	GANTSETSEG TUMUR-OCHIR - HEAD, OUTPATIENT WARD, NATIONAL CENTER FOR MENTAL HEALTH, MONGOLIA TITLE: SLEEP AND FATIGUE	
12:15-13:00	LUNCH BREAK	
13:00-14:30	PLENARY LECTURE II CHAIRS: KHONGORZUL B. ZESEMORU O	
13:00-13:30	ZURINA HASSAN - CENTRE FOR DRUG RESEARCH, UNIVERSITI SAINS MALAYSIA, PENANG, MALAYSIA TITLE: NEOTROPIC EFFECTS OF NATURAL HERBAL ON NEUROCOGNITIVE AND NEUROPLASTICITY IN A PRECLINICAL MODEL OF ALZHEIMER'S DISEASE	
13:30-14:00	ADHI WIBOWO NURHIDAYAT - UNIVERSITAS ISLAM NEGERI SYARIF HIDAYATULLAH JAKARTA, INDONESIA TITLE: BEHAVIORAL ADDICTIONS IN INDONESIA: INTERNET/GAME ADDICTION AND ONLINE GAMBLING	
14:00-14:30	VEDRANA MONTANA - INTERNATIONAL TRANSLATIONAL NEUROSCIENCE RESEARCH INSTITUTE, ZHEJIANG CHINESE MEDICAL UNIVERSITY, PRC TITLE: PRESENLIN MODULATION OF VESICULAR GLUTAMATE RELEASE FROM ASTROCYTES	
14:30-14:40	BREAK	
14:40-15:30	SPECIAL LECTURES CHAIRS: ENKHOLD D. BULGANTUYA B	
14:40-15:00	GANTSETSEG TUMUR-OCHIR - HEAD, OUTPATIENT WARD, NATIONAL CENTER FOR MENTAL HEALTH, MONGOLIA TITLE: TREATMENT OF STRESS-INDUCED DEPRESSION	
15:00-15:30	BAO HAIYING - MINISTRY OF AGRICULTURE AND RURAL AFFAIRS, JILIN AGRICULTURAL UNIVERSITY, CHANGCHUN, JILIN, PRC TITLE: RESEARCH ON THE CALMING EFFECT AND MECHANISM OF INONOTUS HISPIDUS	
15:30-15:40	BREAK	
15:40-16:40	ROUND TABLE MEETING: PROMOTION OF ACADEMIC EXCHANGE BETWEEN ACADEMIC INSTITUTIONS USA, JAPAN, CHINA, MONGOLIA, INDONESIA, MALAYSIA	POSTER SESSION CHAIRS - GANTSETSEG T. BAYARMAA TS
16:40-17:00	AWARD CEREMONY	

Sponsor:

Figure 3: Main posters of the Multidisciplinary Brain Science 2024

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: VIADIMIR PARPURA
INTERNATIONAL TRANSLATIONAL NEUROSCIENCE RESEARCH INSTITUTE, ZHEJIANG CHINESE MEDICAL UNIVERSITY, UNIVERSITY OF ALABAMA, USA

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: KAZUO KEISHIN KIMURA
JAPAN YOGA THERAPY SOCIETY, JAPAN

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: ZURINA HASSAN
CENTRE FOR DRUG RESEARCH, UNIVERSITI SAINS MALAYSIA, MALAYSIA

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: GEORGE J. MUSA
DEPARTMENT OF PSYCHIATRY AND EPIDEMIOLOGY, COLUMBIA UNIVERSITY-NYSP, USA

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: VEDRANA MONTANA
INTERNATIONAL TRANSLATIONAL NEUROSCIENCE RESEARCH INSTITUTE, ZHEJIANG CHINESE MEDICAL UNIVERSITY, CHINA

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: ADHI WIBOWO NURHIDAYAT
DEPARTMENT OF PSYCHIATRY, UIN JAKARTA, UNIVERSITAS ISLAM NEGERI SYARIF HIDAYATULLAH JAKARTA, INDONESIA

MULTIDISCIPLINARY BRAIN SCIENCE-2024

Speaker: BAO HAIYING
KEY LABORATORY OF EDIBLE FUNGI RESOURCES AND UTILIZATION, MINISTRY OF AGRICULTURE AND RURAL AFFAIRS, JILIN AGRICULTURAL UNIVERSITY, CHINA

Figure 4: Invited international speakers to the Multidisciplinary Brain Science 2024 conference.



Figure 5: Prof. Vladimir Parpura and Prof. Vedrana Montana from Zhejiang Chinese Medical University, and the audience.

A lunch break provided attendees with an opportunity to recharge before the afternoon session. The second plenary lecture continued the exploration of cutting-edge research, with presentations on the nootropic effects of herbal remedies in Alzheimers disease, behavioral addictions in Indonesia, and the modulation of vesicular glutamate release from astrocytes. Speakers Zurina Hassan, Adhi Wibowo Nurhidayat, and Vedrana Montana each brought a unique perspective to the table, enriching the conversation with their diverse research interests.

Another short break preceded the special lectures, where Bao Haiying discussed the treatment of stress-induced depression and the calming effect of Inonotus Hispitus, respectively. Their talks offered practical insights into managing mental health and harnessing natural remedies, underscoring the conference's focus on holistic approaches to brain health.

The final hours of the day were dedicated to a round table meeting and a poster session, providing a platform for informal yet impactful exchanges of ideas as researchers and clinicians discussed ways to promote academic collaboration across borders. The award ceremony recognized outstanding contributions to the field, bringing the conference to a close on a note of celebration and achievement.

A notable highlight of the conference was the presentation by Keishin Kimura, President of the Japan Yoga Therapy Society, who advocated for the integration of yoga therapy as a psychosocial intervention for mental health. Kimura's presentation compared yoga therapy to Cognitive Behavioral Therapy (CBT), suggesting it could serve as a complementary approach to managing stress and improving sleep. The discussions that followed highlighted the need for collaborative research to evaluate the efficacy of yoga-

based interventions in different cultural contexts, including Mongolia. The integration of traditional and modern therapies was recognized as a promising avenue for advancing mental health care, particularly in settings where access to conventional mental health services may be limited.

2.1 Addressing Mental Health Challenges in Mongolia

A significant focus of the conference was the mental health crisis in Mongolia, particularly the high rates of suicide among young adults. Bayarmaa Vanchindorj, the President of the National Mental Health Center, provided a detailed overview of the current mental health landscape in Mongolia, highlighting the urgent need for systemic changes (**Figure 6**). The discussions underscored the importance of transitioning from hospital-based to community-based mental health services, which could provide more accessible and sustainable care for individuals with mental health issues.



Figure 6: Bayarmaa Vanchindorj, MD., PhD., the President of the National Center for Mental Health

2.2 Suicide Prevention and Community-Based Approaches

The high suicide rates in Mongolia, particularly among young adults, were a major concern discussed at the conference. Participants emphasized the need for a multi-faceted approach to suicide prevention, combining early intervention, community engagement, and policy advocacy. The transition to community-based mental health services was identified as a crucial step in providing accessible, culturally appropriate care. Such services could help reduce stigma and encourage individuals to seek help earlier, ultimately leading to improved mental health outcomes. Gantsetseg Tumur-Ochir offers a compelling vision for the future of the field, inspiring the audience with their passion and expertise (**Figure 7**).



Figure 7: Gantsetseg Tumor-Ochir, MD., PhD., Head of the Outpatient Ward, National Center for Mental Health

2.3 Collaborative Efforts for Mental Health Research and Policy Development

The conference also highlighted the importance of international collaboration in addressing mental health challenges. Participants from various countries expressed interest in collaborative research on addiction, drug abuse, and other mental health issues. For example, Dr. Nurhidayat from Indonesia discussed opportunities for joint research on addiction and suicide prevention, emphasizing the need for training in clinical and epidemiological research. Such collaborations could enhance the capacity of Mongolian researchers and clinicians, fostering the development of evidence-based mental health policies and interventions.

3.0 THE ROUNDTABLE MEETING: "PROMOTING ACADEMIC NETWORKING"

The roundtable meeting, titled "Promoting Academic Networking," was held on Friday, 2 August 2024, from 16:00 to 17:30 (**Figure 8**). The session was moderated by Dr. Khongorzul B, Head of the Research and Development Center at the Mongolian National University of Medical Sciences. The event began with opening remarks, welcoming participants and outlining the agenda, which included brief introductions from each panellist and an open discussion on future collaborations in neuroscience and related fields. Emphasizing the significance of this international gathering, the moderator highlighted its role in fostering meaningful cross-border collaborations, acknowledging the diverse expertise of attendees and encouraging open dialogue throughout the session.

Besides international participants, Mongolian participants included Dr. Abai S, a neurosurgeon from the Third State Central Hospital who discussed the neurosurgical services in Mongolia and the need for collaborative efforts to enhance patient care; Professor

Bayasgalan, a founding member of MNS who outlined the society's goals and ongoing projects with international universities; Dr. Bayarmaa V, President of the National Mental Health Center who addressed the mental health challenges in Mongolia and the need for systemic changes and international collaboration; Otgon Z, an MBA candidate and member of the MNS who proposed establishing an innovation center for research; Bulgantuya B, PhD, from the Brain and Mind Research Institute of the Mongolian Academy of Sciences; Enkhnanan T., M.D., who emphasized the need for advanced neuroscience programs in Mongolia; and Dr. Khongorzul B who discussed the capabilities and research focus of MNUMS, highlighting ongoing projects and the potential for international partnerships.



Figure 8: The roundtable meeting: "Promoting Academic Networking".

The open discussion session facilitated dialogues on key research areas, including animal behavioral studies, mental health and addiction, biobanking, and yoga therapy. Participants emphasized the critical need to build research infrastructure and capacity in Mongolia, particularly through the establishment of advanced neuroscience programs at the bachelor's, master's, and Ph.D. levels. The absence of dedicated neuroscience programs was highlighted by several attendees, including Enkhnanan T., who stressed the necessity of higher-degree programs to support the growth of neuroscience research and education (**Figure 9**).

Discussions also identified the development of specialized graduate programs as a priority, with a focus on curriculum design, faculty training, and infrastructure investment. Expanding research facilities such as animal research laboratories and biobanking capabilities, was deemed essential for conducting advanced studies. Proposals were made to establish a brain bank in Mongolia to support neurological disorder research and treatment development.

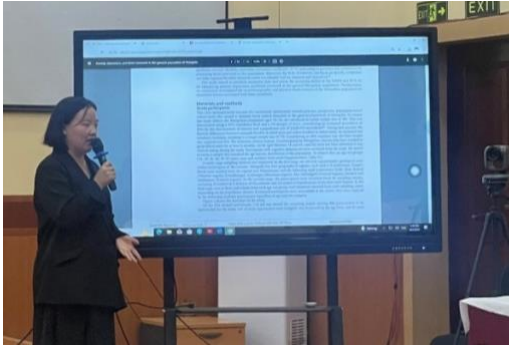


Figure 9: Enkhnarán Tumurbaatar, MD., PhD., Brain and Mind Research Institute, Mongolian Academy of Sciences.



Figure 10: The opening ceremony of the 7th Asia Pacific Yoga Therapy Association Conference.

The session further underscored the importance of international collaboration, with strong mutual interest in exchange programs and fellowships for researchers and medical professionals to facilitate knowledge sharing and capacity building. To formalize these partnerships, participants stressed the need for official agreements, such as memorandums of understanding (MOUs), ensuring long-term cooperation. Key outcomes of the discussion included agreements to advance research collaborations in neuroscience and mental health, develop biobanking and computational infrastructure, and establish structured exchange programs. The meeting concluded with a summary of these initiatives by Dr. Khongorzul, who thanked participants for their contributions and expressed optimism for future collaborative efforts. The session adjourned at 17:30.



Figure 11: Keishin Kimura, President of the Japan Yoga Therapy Society.

4.0 7TH ASIA PACIFIC YOGA THERAPY ASSOCIATION CONFERENCE (APYTC)

On 3 August 2024, the 7th Asia Pacific Yoga Therapy Association Conference was held at the Ramada Hotel Conference Hall in Ulaanbaatar, with a focus on the effects of yoga therapy on mental health (**Figure 10**). Organized by the Brain and Mind Research Institute of the Mongolian Academy of Sciences, the event brought together international experts and practitioners to discuss the therapeutic potential of yoga.



Figure 12: Atul Malhari Gotsurve, Ambassador of India, in Mongolia.

The conference commenced with a warm welcome from Keishin Kimura, President of the Japan Yoga Therapy Society (**Figure 11**), followed by an inspiring opening statement from H.R. Nagendra, President of S-VYASA University, India, reaffirming the conference's commitment to exploring the scientific and therapeutic dimensions of yoga. The presence of Atul Malhari Gotsurve, Ambassador of India to Mongolia, adds a touch of diplomacy to the proceedings, emphasizing the global reach of yoga's influence (**Figure 12**).

The morning keynote lecture, "The Impact of Yoga on Sleep and Stress", sets the tone for discussions on yoga's role in restoring balance to the body and mind. This was followed by Takakazu Oka from the International University of Health and Welfare, Japan, who presented "Psychosomatic Medicine and Yoga" bridging Eastern practices with Western medical approaches.

Manjunath Sharma, Research Director of Vivekananda Yoga University, takes the stage to discuss "Yoga & Neural Plasticity: Applications in Neurodegenerative Disorders". His presentation is a testament to the

scientific rigor applied to the study of yoga, offering hope and insight into the potential of yoga to mitigate the impact of neurodegenerative diseases. As the day progresses, the lunch break provides a moment of respite, allowing participants to rejuvenate before the afternoon's sessions (**Figure 13**). The afternoon unfolds with Battuvshin Lkhagvasuren, President of the MNS, sharing insights into "Effects of Yoga Therapy on Mental Health". His perspective, grounded in neuroscience, offers a unique lens through which to view the therapeutic effects of yoga.



Figure 13: Participants of the 7th Asia Pacific Yoga Therapy Association Conference.

Tsengelmaa Tserendorj from the Mongolian Yoga Federation presents a heartfelt account of "Quality of Life Improvement for Cancer Patients through Yoga and Meditation". Her words touch the hearts of the audience, highlighting the resilience and strength that yoga can bring to those facing life's greatest challenges. Tsetsegee Jadamba's presentation, "Yoga Therapy for Patients with Chronic Constipation", offers practical advice and evidence-based solutions, demonstrating yoga's potential to address common health issues. The final presentation by Mandakhai Lkhagva-Ochir on "Yoga Therapy for Scoliosis" showcases the versatility of yoga therapy, capable of addressing both physical and structural conditions (**Figure 14**).

Mongolia, with a population of 3.35 million and a GDP per capita of \$4,151, allocates 5.0% of its health expenditure to mental health, with 90% of that funding going towards hospital care. The country has a limited number of mental health professionals and facilities, including 334 general practice clinics, prefectural general hospitals, and the National Center for Mental Health. Since 1980, psychotherapy cabinets have been established in Ulaanbaatar, incorporating physiological yoga elements into treatment.

Time	Activity
09:00-09:20	OPENING CEREMONY
09:30-10:15	Keishin Kimura, Japan Yoga Therapy Society Nagendra, Cancellor of sVYASA University Atul Malhari Gotsurve, Ambassador of India to Mongolia
10:20-11:05	KEYNOTE LECTURE
11:10-11:55	Keishin Kimura - Japan Yoga Therapy Society, Japan title: The impact of yoga on sleep and stress
12:00-13:00	Takakazu Oka - International University of Health and Welfare, Japan title: Psychosomatic Medicine and YOGA
13:00-13:45	Manjunath - sVYASA University, India title: Yoga & Neural plasticity: Applications in Neurodegenerative disorders
12:00-13:00	LUNCH BREAK
13:00-13:45	Battuvshin Lkhagvasuren - Mongolian Neuroscience Society title: Effects of Yoga Therapy on Mental Health
13:50-14:35	Tsengelmaa Tserendorj - Mongolian Yoga Federation title: A study of the quality of life of patients who practiced yoga and meditation after specific cancer treatment
14:40-15:25	Tsetsegee Jadamba - Mongolian Yoga Federation title: The results of yoga therapy for patients with chronic constipation
15:30-16:15	Mandakhai Lkhagva-Ochir - Mongolian Yoga Federation title: Yoga Therapy for Scoliosis
16:20-16:40	CLOSING REMARKS

7th APYTA Yoga Therapy conference
ASIA PACIFIC YOGA THERAPY ASSOCIATION
 August 3, 2024
 Ramada Hotel
 Ulaanbaatar Mongolia
www.asianyogatherapy.com

THIRD EIYTA YOGA THERAPY CONFERENCE

Speaker	Title
H. R. NAGENDRA	"Opening Statement"
KEISHIN KIMURA	"The Impact of Yoga on sleep and stress"
ATUL MALHARI GOTSURVE	"Opening Remarks"
TAKAKAZU OKA	"Psychosomatic Medicine and Yoga"
BATTUVSHIN LKHAGVASUREN	"Effects of Yoga Therapy on Mental Health"
MANJUNATH SHARMA	"Application to Neurodegenerative disorders"
TSETSEGE JADAMBA	"Yoga Therapy for Patients with Chronic Constipation"
TSENGLERMAA TSERENDORJ	"A Study on Quality of Life of Patients who practiced Yoga and Meditation after specific Cancer Treatments"
MANDAKHAI LKHAGVA-OCHIR	"Yoga Therapy for Scoliosis"

Figure 14: Main posters of 7th Asia Pacific Yoga Therapy Association Conference

Yoga therapy has been integrated into the medical curriculum at the Mongolian National University of Medical Sciences, with yoga exercises included in the physiotherapy curriculum for nursing students since 2021. Despite the introduction of various yoga practices in Mongolia since 2000, a society or organization for yoga therapy does not exist in Mongolia.

The conference also highlighted research contributions by Prof. Takakazu Oka, who has conducted studies on the effects of yoga on alexithymia, chronic fatigue syndrome, and other health-related benefits. These studies include randomized controlled trials and pilot studies that have shown promising results in improving fatigue, pain, and psychological parameters in patients with chronic conditions (Figure 15).



Figure 15: The training process of yoga therapy.

The conference aimed to enhance the scientific rigor of discussions on yoga therapy by incorporating evidence-based insights into yoga asanas specifically designed for mental wellness. Among the recommended postures, Balasana (Child's Pose) was highlighted for its role in facilitating autonomic relaxation and mitigating stress-induced hyperarousal. Shavasana (Corpse Pose) was emphasized for its ability to optimize parasympathetic nervous system activation, fostering deep relaxation and cognitive clarity. Similarly, Viparita Karani (Legs-Up-The-Wall Pose) was recognized for its potential to enhance cerebral circulation while alleviating anxiety-related somatic symptoms. Additionally, Setu Bandhasana (Bridge Pose) was noted for its capacity to modulate the hypothalamic-pituitary-adrenal axis, promoting emotional resilience and neuroendocrine stability (Figure 16).

The establishment of the Mongolian Yoga Therapy Society is planned for 2022, to promote yoga therapy for the well-being of Mongolians. The society aims to

develop yoga therapy as a complementary treatment option, especially for conditions that are resistant to conventional therapies.

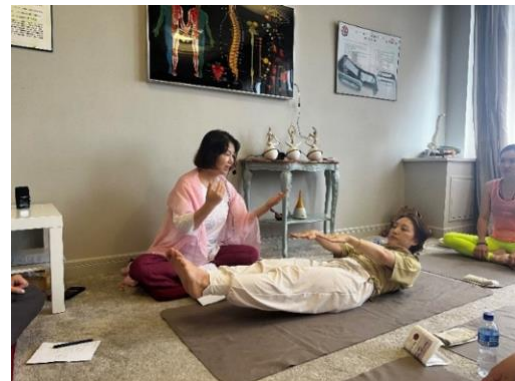


Figure 16: Yoga therapy for insomnia.

5.0 CONFERENCE HALL

The conference was held in Conference Hall B at the Ministry of Health in Ulaanbaatar, Mongolia, near Sukhbaatar Square, the central hub of the capital (Figure 17). Conference Hall B can accommodate up to 200 attendees. A round-table meeting took place in Conference Hall A, which, while smaller, offers a more conducive environment for intimate discussions. On the second day, the conference continued at the Ramada Hotel, one of Ulaanbaatar's most luxurious accommodations, located in the city's business district, approximately 2 km from the city center, with a capacity of 100 participants.



Figure 17: Conference Hall B at the Ministry of Health.

6.0 CONFERENCE BOOKLET

The conference booklet, published for the 11th Annual Meeting of the Mongolian Neuroscience Society, serves as a comprehensive compilation of the event's scientific contributions (Figure 18). It includes detailed biographies and presentation topics of distinguished international speakers, alongside an extensive poster session featuring research submitted by participants.

The poster session encompassed a diverse range of studies, such as "Prenatal and Postnatal Depression in Mongolia" by Gantsetseg et al., which explores the prevalence and impact of maternal mental health disorders; "The Effect of School Bullying on Academic Self-Efficacy: Learning Engagement as a Mediating Factor" by Nomintugs et al., which examines the psychological consequences of bullying on students' academic confidence; and "Mental Health and Social Attitudes of People with Disability" by Odongerel et al., which investigates societal perceptions and their influence on the mental well-being of individuals with disabilities. By consolidating these contributions, the booklet provides a valuable resource for researchers, clinicians, and policymakers, facilitating the dissemination of cutting-edge findings and fostering continued interdisciplinary collaboration in neuroscience and mental health research.

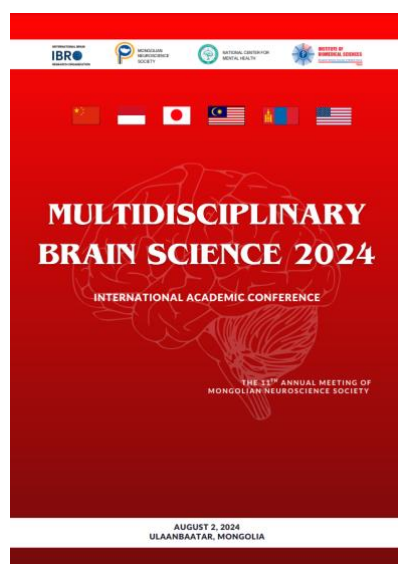


Figure 18: Conference booklet, can be obtained at: https://drive.google.com/file/d/1SK2jPoUCXfUhOSBDJKq6O7_GHke9Q0y4/view?usp=sharing

7.0 CONCLUSIONS

The 11th Annual Meeting of the Mongolian Neuroscience Society successfully brought together a diverse group of experts to discuss the latest advancements in neuroscience and mental health. The conference highlighted the importance of a multidisciplinary approach, integrating insights from clinical practice, traditional therapies, and cutting-edge research. The collaborative spirit and diverse expertise of the participants underscored the potential for future research endeavors to address critical public health challenges in Mongolia and beyond.

The conference concluded with a strong commitment to continuing these efforts and exploring innovative solutions to improve neurological and mental health outcomes. By fostering international partnerships and leveraging both traditional and modern scientific approaches, the conference has set a foundation for advancing neuroscience and mental health care on a global scale. The outcomes of this conference are expected to catalyze further research, collaboration, and policy development, ultimately contributing to the worldwide advancement of neuroscience and mental health.

Moving forward, it will be essential to maintain the momentum generated by this conference, ensuring that the proposed initiatives and collaborations are effectively implemented. Continued engagement with international partners, investment in research infrastructure, and the development of local expertise will be crucial for realizing the full potential of neuroscience and mental health research in Mongolia. As the field of neuroscience continues to evolve, the insights and collaborations fostered during this conference will play a vital role in shaping the future of brain science and mental health care, both in Mongolia and worldwide.

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