

Academic Curriculum Vitae

Personal Data

Surname, first name: Nazaraghaei, Farshad

Nationality: Iran

Email: farshad.meditation@gmail.com

Academic Qualifications

Ph.D in Neuro-Psycho-Physiology and Meditation
Mangalore University, Mangalore, Karnataka, India

M.Sc in Yogic Science and Holistic Health, Dev Sanskriti University, Haridwar, Uttarakhand, India

B.Sc in Hospital Administration/Health Care Management
Shiraz University of Medical Sciences, Shiraz, Fars, Iran

Innovations

Farshad's Geometric Meditation (FG Meditation): a new scientific style of meditation based on the principles of multidisciplinary subjects including; philosophy of mind, cognitive sciences, neuroscience, psychology, physiology, mathematics and geometry

Co-founder of Brain Based Farshad's Geometric Meditation (BBFGM)

Film Directed, Produced and Broadcasted

FG Meditation Animation/four-parts/180 minutes, 2013

Honors and Awards

Second runner up, FG Meditation Animation, 7th International Nature Film Festival, Vaasa, Finland, Oct /2014

Best paper, synergic influences of FG Meditation on the pharmaceutical treatment of asthma, first congress on third wave cognitive behavior therapy, Kashan University of Medical Sciences, Kashan, Iran, Oct /2015

Animation deserves appreciation (for FG Meditation Animation), art and neuroscience festival, 6th basic and clinical neuroscience congress, Iranian Neuroscience Society/Iran University of Medical Sciences, Tehran, Iran, Dec /2017

National and International Congresses Organized

Main organizer and coordinator, spiritual foundations of the human unity, dialogue between various American and Iranian religious-spiritual leaders and scholars, University of Religions and Denominations, Qom, Iran, May /2015

Secretary-general, first international congress on meditation, Shiraz University, Farhangian Auditorium, Shiraz, Iran, June /2006

Scientific secretary, first international congress on yoga, Iran Yoga Association, Hafez Auditorium, Shiraz, Iran, May /2002

Executive secretary, first national congress on yoga, Iran Yoga Association , Sina-Sadra Auditorium, Shiraz, Iran, May /2001

National and International Conferences Attended

Introduction of FG Meditation as a multidisciplinary and scientific approach of meditation, global dialogue among the spiritual leaders, coming to one through the many (realizing the higher self), Tokyo, Japan, Oct /2012

FG Meditation as an innovative and secular style of meditation, second international conference on yoga therapy for stress related disorders, Mangalore University, Mangalore, Karnataka, India, Feb /2015

Feeling of inner peace and interconnectedness through FG Meditation, UNESCO Chair for Peace and Intercultural Understanding, Banaras Hindu University, Varanasi, India, Nov /2015

FG Meditation for stress management, International workshop on yoga therapy, Wonkwang Digital University/ Seoul, Korea., Mangalore University, Mangalore, India, Feb /2016

FG Meditation as a holistic approach of meditation, international congress on yoga and holistic health, Dev Sanskriti University, Haridwar, India, March /2015

FG Meditation as an objective and rational style of meditation adaptable for stress management, first international congress on complementary and alternative medicine, Mashhad University of Medical Sciences, Mashhad, Iran, Oct /2017

Non pharmaceutical and holistic health approaches towards insomnia, forth international basic and clinical neuroscience congress, Iran University of Medical University, Tehran, Iran, Jan /2015

An introduction to geometric somatic breathing based meditation in FG Meditation, second congress on third wave cognitive behavior therapy, Kashan University of Medical Sciences, Kashan, Iran, Nov /2019

Altered neuro-psycho-physiological dynamics following three-months yogic meditation practice in comparison to FG Meditation, 6th international basic and clinical neuroscience congress, Iranian Neuroscience society, Tehran, Iran, Dec /2017

Introduction of FG Meditation, national conference on hypnosis and sport, Iranian Scientific Society for Clinical Hypnosis, Mashhad, Iran, Feb /2018

Book Published (Translation from English to Persian)

- 1- Yoga, psychology and mental health: A. S. Dalal. 2012
- 2- Yoga and multiple sclerosis: Loren M. Fishman, Eric L. Small. 2012
- 2- Naturopathy: the science of natural life. Rakesh Jindal. 2019

Book Published (Written Books)

- 1- FG Meditation Techniques for Sleep Disorders
- 2- Metaphoric Insanity, a four-volume collection of literary, philosophical and fictional metaphorical insanity

Papers Published in the Scientific Journals

Multiple research papers published in reputed international scientific journals

Former Positions

Founder of Persian Yoga Association/ 1999

Head of Persian Yoga Association/1999-2009

Vice president of Iran Yoga Association/2005-2010

Founder and Head of Holistic Health Center/Jehad University, Shiraz Medical School Branch/2003-2006

Founder and Head of the National Institute for Social and Individual Stress Reduction (SISRA)/2006-2017

Current Positions and Affiliations

Founder and Head of the Persian Meditation Academy/2012 to present

Founder and Head of the Research and Educational Institute for Body and Mind Purification/2001 to present

Teaching Experiences

Lecturer, Teacher Training Courses (yoga instructors and teachers), Iran Yoga Association/2001-2010

Lecturer, certificate courses/Applied Yogic Sciences/School of Psychology and Education, Shiraz University/2001- 2011

Lecturer, stress management courses, National Institute for Social and Individual Stress Reduction, Shiraz, Iran/2006-2017

Lecturer, Teacher Training Course (meditation instructors and teachers), Persian Meditation Academy-Iranian Neuroscience Society (Fars Branch), Shiraz, Iran/2012 to present

Lecturer, certificate courses (mind-body practitioners), Research and Educational Institute for Body and Mind Purification, Shiraz, Iran/ 2001 to present