



Hindu Perspectives on Spiritual Care

Practice • Research • Scriptural Wisdom

Including workshop on Meditation, Yoga & Spirituality

FRIDAY, 11 SEPTEMBER 2026 | 10:00-15:15

Vrije Universiteit Amsterdam • Room HG-12A37
De Boelelaan 1105, 1081 HV Amsterdam • In person + online via Microsoft Teams

How can wisdom rooted in Hindu traditions contribute to spiritual care in contemporary, multicultural and interreligious settings?

Three perspectives, one conversation

As part of the Integrative Spiritual Care Lecture Series, we warmly invite you to a special open session bringing together practice, research and scriptural wisdom. Three speakers explore complementary dimensions of Hindu spiritual care from hospital-based interfaith practice and recent VU research to the living wisdom of the Bhagavad Gita. Together, the lectures connect lived practice, academic inquiry and Hindu wisdom traditions, culminating in a joint dialogue with the audience.

PRACTICE — Rajesh Kadam brings experience from institutional and interfaith spiritual care in a major Indian hospital.

RESEARCH — Puneet Bindlish connects recent academic research on Hindu and integrative spiritual care with the professional and interfaith context in the Netherlands.

SCRIPTURAL WISDOM — Somesh Chaitanya brings the Bhagavad Gita and the living Vedānta teaching tradition into the conversation.

PROGRAMME

All times are local Amsterdam time (CEST, UTC+2).

10:00-10:05	Welcome and Introduction
10:05-11:05	A Hindu Perspective on Interfaith Spiritual Care: Experiences from a Mumbai Hospital Rajesh Kadam (Head of Spiritual Care, Bhaktivedanta Hospital & Research Institute, Mumbai) Drawing on more than two decades of experience at Bhaktivedanta Hospital & Research Institute in Mumbai, Rajesh Kadam will share an international practice perspective on providing spiritual care to people from diverse religious and worldview backgrounds. He will introduce the hospital's diagnostic framework for understanding patient well-being through the five existential levels of pancha kosha, grounded in an Upanishadic worldview. The framework integrates spirituality, mental wellness and human values into practical approaches to care. He will also reflect on how the hospital's model of spiritual care has developed through its experience of serving a religiously diverse patient population. Themes: Pancha kosha • interfaith spiritual care • spirituality in medicine • holistic well-being About the speaker Rajesh Kadam, Head of Spiritual Care at Bhaktivedanta Hospital, holds academic qualifications in counselling and psychotherapy and has served as a spiritual counsellor at the hospital since its inception. He played a significant role in developing the "Spiritual Care in Medicine" curriculum and certificate course for Indian healthcare professionals.
11:15-11:45	Hindu and Integrative Spiritual Care: Learnings from Research Dr. Puneet K. Bindlish (School of Religion and Theology, VU Amsterdam) Puneet will share key learnings from recent research on Hindu, integrative and interfaith spiritual care, exploring how concepts rooted in Hindu philosophy and traditions can inform contemporary caregiving while remaining attentive to diverse religious and non-religious worldviews. • Understanding and Defining Hindu and Integrative Spiritual Care — Bindlish, Nandram & Joshi (2025). • A Holistic Hindu Framework for understanding contemporary spiritual care. • Interfaith Spiritual Care from a Hindu Perspective — connects the Śrīmad-Bhagavadgītā, Patañjali's Yoga Sūtras and the H-Framework to spiritual-care situations. Themes: Hindu worldview • integrative spiritual care • interfaith care • dharma • Indian epistemology • H-Framework About the speaker Puneet's interdisciplinary research at VU Amsterdam bridges Hindu spirituality, Indian epistemology and indigenous knowledge systems with contemporary ethical, theological and organizational thought.
11:45-12:10	Meditation Session Nathan Manohar (Founder & CEO, The Happiness Tour)
12:30-13:15	Gita Panchamrita: The Essence of the Bhagavad Gita in Five Verses Brahmachari Somesh Chaitanya (Resident Spiritual Teacher, Chinmaya Mission Sweden, Stockholm) In Gita Panchamrita, Brahmachari Somesh Chaitanya will present the essence of the Bhagavad Gītā through five selected verses. Through a Vedānta perspective, the session will explore these verses together to reveal dialogue, action and spiritual discernment, with their relevance to the challenges of everyday life. Themes: Bhagavad Gītā • Vedānta • self-knowledge • Puruṣārtha catuṣṭaya • spiritual development About the speaker Brahmachari Somesh Chaitanya is a resident spiritual teacher and guide with Chinmaya Mission Sweden in Stockholm, where he leads Vedantic studies, youth programmes and community outreach activities.
13:20-14:00	Joint Q&A and Panel Discussion Practice, Research and Wisdom in Dialogue Rajesh Kadam • Dr. Puneet K. Bindlish • Brahmachari Somesh Chaitanya An interfaith conversation with the audience on how Hindu philosophical and spiritual traditions can inform professional spiritual care in multicultural and interreligious settings. Moderated by Bikram Lalbahadoersing (Hoofd hindoe geestelijke verzorging, Ministerie van Justitie en Veiligheid)
14:15-15:15	NYSA Workshop on Yoga & Spirituality Join us for an engaging workshop organized by the Netherlands Yogasana Sports Association (NYSA), exploring Yoga and Spirituality, hosted at Vrije Universiteit Amsterdam as part of the broader event on Hindu Perspectives on Spiritual Care. Open to students, researchers, practitioners, and community members. All are welcome! Come ready to discuss, reflect, and learn together.

About the Lecture Series
This lecture series is offered in the context of the VU Postacademische Ambtsopleiding Hindoe Geestelijk Verzorger. It brings together integrative spiritual care rooted in a Hindu worldview, personal spiritual development, and professional practice in multicultural and interreligious contexts.

About the VU Postacademische Ambtsopleiding Hindoe Geestelijk Verzorger
A 60-EC, two-year part-time postgraduate programme preparing professionals for Hindu spiritual care in the Dutch multicultural and interreligious context.

About Hindu Spirituality and Society at VU Amsterdam
The Hindu Seminary at the School of Religion and Theology advances education, research and societal engagement inspired by Vedic knowledge and the wisdom of society in international collaboration.

About Bhaktivedanta Hospital
A 310-bed tertiary care facility and research institute in Mumbai with approximately 1,500 staff members. Since 2004 it has provided integrative spiritual care to patients from different faith traditions.

About Chinmaya Mission Sweden
A Hindu cultural organisation dedicated to making the teachings of Vedanta accessible and relevant to contemporary life, through study groups, satsangs, youth programmes and community outreach.

Selected research: Nandram & Bindlish (2023) • Bindlish, Nandram & Joshi (2025) • Bindlish, Nandram & Joshi (2024) • Bindlish & Nandram (2025)

Open lecture programme • All are welcome

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