

This is subsidized by the Nakajima Foundation
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2026.12.20

Sun. 9:50 - 17:30

**At Tokyo International Exchange
Center, Plaza Heisei**

Address: 2-2-1 Aomi, Koto-ku, Tokyo



◆International Symposium◆

Deep Japanese thought × Science symposium: A novel approach for modern society

- For students and the general public
- Hybrid format (on site & live stream)
- Simultaneous translation available (Japanese/English)

This symposium interprets traditional Japanese wisdom in the light of modern science and medicine, or provides such ideas that have never been well studied in science, to open up a new avenue of research. The wisdom of balance and harmony in the Japanese culture will contribute to promote mental and physical health, and further development of humanity, coexistence and happiness of the world.



Denis Noble
University of Oxford



Paul Ch'en
General Practitioner Partner
at the Observatory Medical
Practice in Jericho, Oxford



Yuki Imoto
Keio University
Director of the Centre
for Contemplative
Studies



Masahiko Tatai
Shirakaba Psychological
Counseling Room
Certified Public Psychologist/
Certified Clinical Psychologist



Mindful-lunch session with free Japanese
vegan lunch box is available for 50 students,
on a first-come, first-served basis.



Registration fee is free

Places are limited. Please register online.

Registration period:

15th November - 13th December 2026.

URL: <https://forms.cloud.microsoft/r/PNdPsV1Ckq>



Organisers:  **お茶の水女子大学**
Ochanomizu University

Supporters:



文部科学省

MINISTRY OF EDUCATION,
CULTURE, SPORTS,
SCIENCE AND TECHNOLOGY-JAPAN



Independent Administrative Institution
Japan Student Services
Organization



外務省

Ministry of Foreign Affairs of Japan



ヒューマンライフイノベーション開発研究機構
Organization for Human Life Innovation and Development

TOKYO ACADEMIC PARK

Programme

Opening remarks 9:50 - 10:00

Session 1 Physical health 10:00 - 11:10

Keynote 1

Philosophy of the Ishinpo: Harmony for Mental and Physical Health - an International Endeavour

Denis Noble, University of Oxford

Paul Ch'en, General Practitioner and College Doctor, University of Oxford



The Science of Soy and the Human Body: Insights from Washoku

Kaoruko Iida, Ochanomizu University, Director of Institute for Human Life Science



Session 2 Mental health 11:30 - 12:40

Keynote 2

Reimagining the Field of Contemplative Science through Pilgrimage across Japan's Sacred Sites

Yuki Imoto, Keio University, Director of the Centre for Contemplative Studies



The Science of "Itadakimasu" :A Japanese Approach to Mindful Eating

Mika Omori, Ochanomizu University, Institute for Education and Human Development



*** Mindful-lunch session (Traditional Japanese vegan bento will be served) 13:00 - 14:00**

50 tickets are available for free on first-come first-served basis. Please request at the reception on the day.

Session 3 Physical × Mental health 14:00 - 15:10

Keynote 3

How to Use Mind and Body together in Japanese Martial Arts

Masahiko Tatai, Shirakaba Psychological Counseling Room,
Certified Public Psychologist/Certified Clinical Psychologist



Bon Odori's Wisdom of Healing and Connection: Perspectives from Dance Therapy

Miho Yamada, Ochanomizu University, Deputy Director of Institute for Competency Development



Panel discussion 15:25 - 16:10

Denis Noble, Paul Ch'en, Yuki Imoto, Masahiko Tatai, Kaoruko Iida, Mika Omori, Miho Yamada
Facilitator: Atsuko Sato, Ochanomizu University, Institute for Human Life Science

Closing remarks 16:15 - 16:20

Kyoko Aikawa, Ochanomizu University, Director of Organization for Human Life Innovation and Development

Bon Odori Workshop/Social Gathering 16:30 - 17:30

Organised by Bon Odori Circle, Ochanomizu University