



# INTERNATIONAL CONFERENCE



*Sponsored by*

**Indian Council of Social Science Research (ICSSR), New Delhi**

**Integrative Dimensions of Yoga, Holistic Health,  
Education, and Indian Knowledge Systems: A Global  
and Evidence-Based Perspective**

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**20 – 22 February, 2026**



*Organized by*

**Department of Yoga, Faculty of Education, Gujarat Vidyapith, Ahmedabad, India**

## About Gujarat Vidyapith

Gujarat Vidyapith, a UGC-funded Deemed University, was founded by Mahatma Gandhi on 18 October 1920 during the Non-Cooperation Movement as Rashtriya Vidyapith. Conceived as an institution free from colonial influence, it embodies Gandhian ideals of truth, non-violence, self-reliance, and social responsibility. Mahatma Gandhi served as its lifelong Kulpati (Chancellor). The Vidyapith follows an integrated system of education from Nursery to Doctoral level, offering diverse academic programs across education, social sciences, and allied disciplines. Its core mission is to nurture individuals of character, competence, culture, and commitment, dedicated to national regeneration, community development, and constructive social transformation in the spirit of Gandhian philosophy.

## About ICSSR

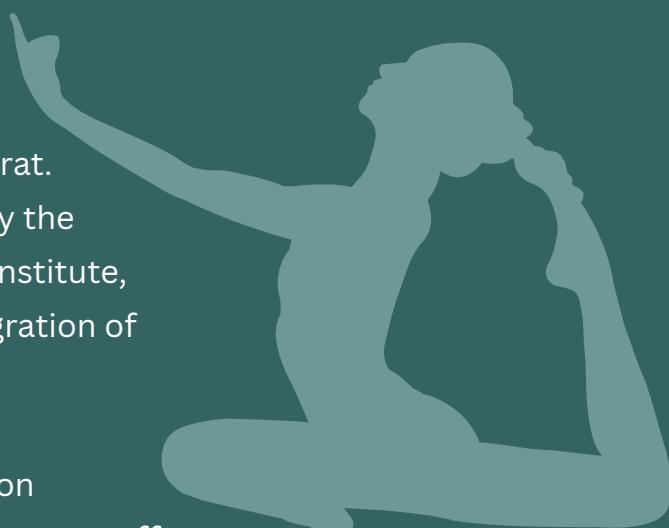
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The Indian Council of Social Science Research (ICSSR) is an autonomous organization established by the Government of India in 1969 to promote research in social sciences. It supports scholars and institutions through funding, fellowships, and academic programs. ICSSR aims to strengthen social science research for national development and policy formulation. It also encourages interdisciplinary and international collaboration in research.

## Department of Yoga – Gujarat Vidyapith

Established in 1995, the Department of Yoga, Gujarat Vidyapith is a pioneering center of Yoga education, research, and social outreach in Gujarat.

Founded under a national initiative supported by the UGC in collaboration with Kaivalyadhama Yoga Institute, Lonavala, the department reflects a strong integration of classical yogic wisdom and scientific inquiry.



Inspired by Gandhian ideals and holistic education envisioned by the Kothari Commission, the department offers structured academic programs from Diploma to Ph.D. levels, along with counselling and wellness services. With over 25 years of academic excellence and community engagement, the department has positively impacted more than 70,000 individuals through education, training, therapy, and outreach programs, promoting Yoga as a tool for health, resilience, and social well-being.

# Conference Introduction



The International Conference aims to provide a dynamic academic platform bringing together experts, educators, researchers, and practitioners from both traditional and contemporary disciplines. The conference promotes interdisciplinary dialogue across Yoga, Ayurveda, Naturopathy, Homeopathy, Unani, Indigenous Sciences, Education, Physical Education, Psychology, and Public Health. Rooted in the Indian Knowledge Systems (IKS) framework and aligned with the National Education Policy (NEP) 2020, the conference seeks to integrate traditional wisdom with contemporary scientific validation. It emphasizes evidence-based approaches to holistic well-being, educational transformation, and community-oriented health practices, positioning India as a global leader in integrative health and education.

## Context and Justification

In the post-pandemic era, preventive, integrative, and community-centric approaches to health and education have become imperative. Traditional Indian systems such as Yoga and Ayurveda have demonstrated significant potential in promoting mental health, resilience, and sustainable well-being. With the growing emphasis on Indian Knowledge Systems under NEP 2020 and the global shift toward integrative health models, there is a pressing need for research-driven, policy-relevant academic platforms. This conference seeks to bridge the gap between traditional knowledge and modern scientific frameworks through rigorous dialogue and collaboration.

## Objectives of the Conference

- To formulate pragmatic strategies for the integration of Yoga and Indian traditional healing sciences with modern medicine, especially in rehabilitative and preventive healthcare frameworks.
- To stimulate evidence-based, policy-relevant research aligned with the National Education Policy (NEP) 2020 and rooted in the Indian Knowledge Systems (IKS) paradigm.
- To foster meaningful cross-disciplinary collaboration among universities, Yogic and Ayurvedic institutions, health professionals, and research scholars.
- To serve as a global platform for intercultural exchange of wellness knowledge, best practices, and transdisciplinary health research rooted in Indian traditions.
- To position India as a global academic hub in integrative health, Yogic education, and traditional healing philosophies.
- To inspire and equip emerging scholars and educators to pursue interdisciplinary and practice-based research in Yoga, health sciences, and transformative education.

# Sub-Themes of the Conference

## 1. Yoga and Integrative Therapy

- Yogic interventions for non-communicable diseases
- Yoga and mental health across lifespan
- Evidence-based Yoga in clinical settings
- Yoga as preventive and promotive therapy
- Yoga protocols for post-COVID rehabilitation



## 2. Ayurveda, Naturopathy, and Indigenous Healing

- Role of Ayurveda and Naturopathy in public health
- Indigenous knowledge for preventive and promotive care
- Integration of AYUSH in primary healthcare
- Medicinal plants and local health traditions
- Tribal and rural healing practices



## 3. Education and Indian Knowledge Systems

- Implementation of NEP 2020: Curriculum, pedagogy & teacher education
- Holistic and value-based education through IKS
- Yoga, meditation & ethics in school and higher education
- IKS-based teacher training models
- Experiential and spiritual education models



## 4. Psychology, Mental Health & Community Well-being

- Indian psychology and consciousness studies
- Mindfulness and contemplative practices for stress and trauma
- Mental health in academic and work environments
- Community-based mental health interventions
- Integration of traditional psychological concepts in modern therapy



## 5. Health Sciences, Technology, and Public Policy

- Digital health innovations and traditional wellness systems
- Public health policies integrating complementary medicine
- Multidisciplinary approaches to chronic disease management
- AI and big data in evidence-based Yoga and AYUSH research
- International health diplomacy and India's soft power through IKS



## 6. Sanskrit and Scriptural Wisdom in Modern Context

- Interpretations of classical yogic and medical texts
- Relevance of Vedas and Upanishads in health education
- Sanskrit as a medium for scientific and spiritual inquiry
- Revival of ancient health manuscripts and commentaries
- Pedagogical innovations using Sanskrit in modern health education

## Who Can Participate

- Academicians, researchers, and scholars in Yoga, Holistic Health, Nutrition experts, Educationists and Teacher Educators and Indian Knowledge Systems
- Yoga practitioners, therapists, and wellness professionals
- Medical and allied health experts interested in integrative and evidence-based approaches
- Psychologists, social scientists, and mental health professionals
- Policymakers, NGO representatives, and program leaders in health and education
- Students, young professionals, and sports/rehabilitation specialists exploring holistic practices

### Guidelines for Contributors

The Department of Yoga, Gujarat Vidyapith invites academicians, researchers, professionals, and entrepreneurs to contribute and present their original, unpublished research papers or articles at the International Conference on “Integrative Dimensions of Yoga, Holistic Health, Education, and Indian Knowledge Systems: A Global and Evidence-Based Perspective.”

#### Submission Requirements

1. **Language:** English, Hindi & Gujarati
2. **Full Paper Length:** 2500–3000 words
3. **Abstract:** 250–500 words, including 3–5 keywords
4. **Referencing Style:** APA (latest edition)
5. **Formatting:**

- English: Times New Roman, font size 12, single spacing
- Hindi: Unicode Mangal, font size 12, single spacing
- Gujarati: Unicode Shruti, font size 12

#### Review Process

- All submissions will undergo a blind peer-review process. The reviewers' decisions will be final and binding. Authors will receive acceptance or feedback after evaluation.

#### Submission

- **Papers must be submitted via email to:** [hodyoga@gujaratvidyapith.org](mailto:hodyoga@gujaratvidyapith.org)

#### Publication Opportunity

- Selected high-quality papers will be published in an edited ISBN book by a reputed publisher.

#### Plagiarism Guidelines

- Plagiarism in any form is not accepted and if found more than 10%, the paper will be rejected and will not be allowed for publication/presentation in the conference.
- **“Please submit your abstract along with the conference registration fee receipt.”**
- **“Abstracts will not be considered without prior registration.”**

## Important Dates

Event	Dates		
1. Early Bird Registration Opens	:	January 10, 2025	
2. Early Bird Registration Closes	:	February 12, 2026	
3. Last Date of Abstract Submission	:	February 12, 2026	
4. Last Date of Full Paper Submission	:	February 12, 2026	
5. Conference Dates	:	February 20-22, 2026	
Registration Fees			
Participant Category	Indian Delegates Early Bird (INR) Till 1/02/2026	Indian Delegates (INR) From 2/2/2026	Foreign Delegates INR
Research Scholars UG/PG students	<ul style="list-style-type: none"> <li>1500 (Paper/ Poster presentator)</li> <li>1000 (Only participant)</li> </ul>	<ul style="list-style-type: none"> <li>2000 (Paper/Poster presentator)</li> <li>1500 (Only participant)</li> </ul>	2500
Academics / Policymakers / Curriculum Planners	2000	2500	3000
Industry / NGOs / Organizations / Freelancers / Startups / EdTech / CSR Representatives	2500	3000	3000

**Registration Link:**<https://web.gujaratvidyapith.org/activity/ic-012026/>

**Mode of Conference:** Offline (In-Person)

**Venue:** Hirak Mahotsav Sabhagruh,  
Gujarat Vidyapith, Ahmedabad, Gujarat, India

**Venue Map:**



## Expected Outcomes

- High-quality academic deliberations and research dissemination
- International and interdisciplinary academic networking
- Policy-relevant insights for education and health sectors
- Edited volume / conference proceedings
- Strengthening the global discourse on Yoga and Indian Knowledge Systems

### Note:

1. Accommodation may be arranged in university Guest house/Private Guest house on payment basis. If required, please mention in the registration form and send mail on:  
**yogacenter@gujaratvidyapith.org**
2. For any assistance regarding guest house booking, kindly contact to Dr. Minal Panchal, Mobile No.9227256328. (Seats are limited & will be booked on the First come- First serve basis)
3. No TA/DA is admissible .
4. Fooding, Seminar Kit, Conference Refreshments are included in the registration fee.

## Organising Committee

### Chief Patron

Dr. Harshad Patel, Vice-Chancellor

### Patron

Dr. Himanshu Patel, Registrar

### Conference Director

Dr. Dahyabhai Patel, Dean ( Faculty of Education)

### Organizing Secretary

Dr. Biman Paul, Head ( Dept.of Yoga)

### Co-Organizing Secretary

Varsha Joshi, Faculty ( Dept.of Yoga)

## Organizing Member Secretaries

- Dr. Minal Panchal
- Dr. Maheshnarayan Dixit
- Dr. Niraj Shilawat
- Dr. Shrinivas Murthy
- Dr. Manjula Dabhi
- Dr. Mayur Shah

## Scientific / Review Committee

- Dr. Manjula Dabhi
- Dr. Ashok Parmar
- Dr. Niraj Shilawat
- Dr. Pratik Shilpkar

### Organizing Secretary :

1. Dr. Biman Paul (9427622254)

### Co-Organizing Secretary :

1. Varsha Joshi (9427621760)

### Member secretary :

1. Dr. Minal Panchal (9227256328)

2. Dr. Manjula Dabhi (9227922736)

### Registration Link:

<https://web.gujaratvidyapith.org/activity/ic-012026/>



9825212216



yogacenter@gujaratvidyapith.org