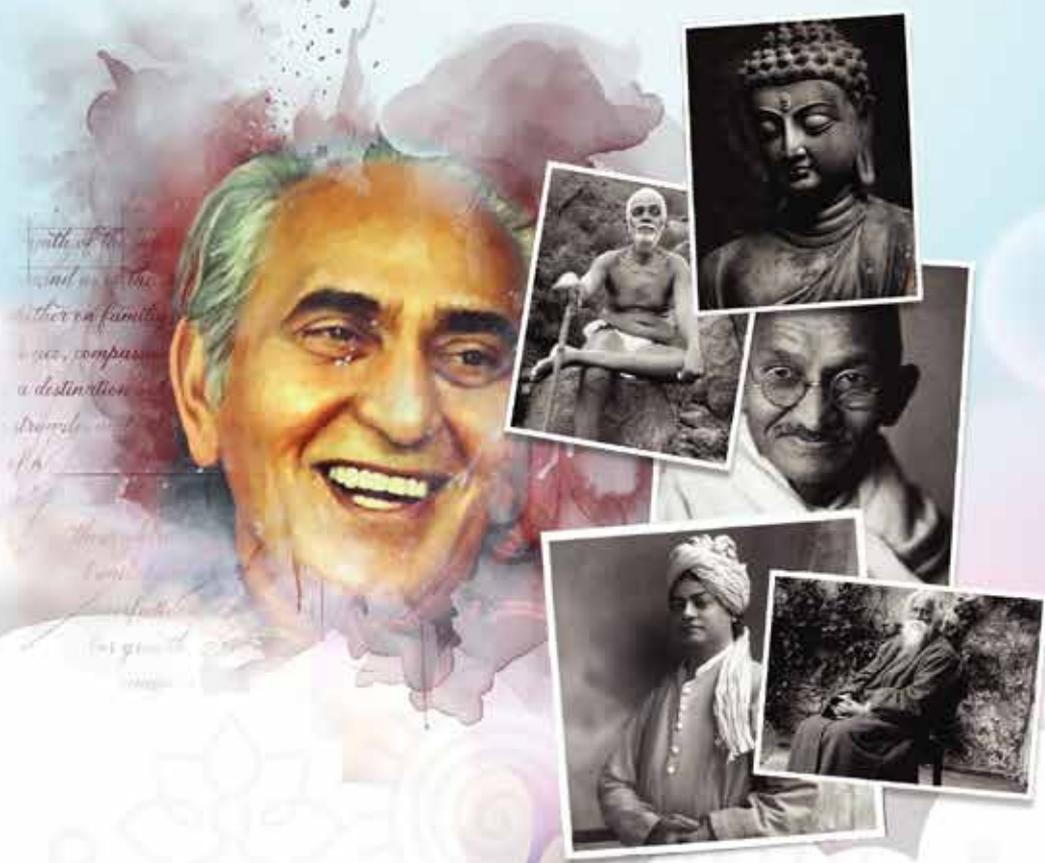


International Conference on “Indian knowledge System and Scientific Perspective of Yoga for Holistic Health”



Date 17th – 18th March 2026

School of Yoga Sciences
Swami Rama Himalayan University

For more details please contact: +91-8527857780, +91-8899799508

yogaeventsrhu@gmail.com | <https://srhu.edu.in/>

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About Conference:

Ancient Indian civilizations, like the Vedic Civilization, the Sindhu-Sarasvati Civilization, and the Aryan civilization, are distinguished by their profound thought and wisdom. The Vedas, Upanishads, Sanskrit, Yoga, Ayurveda, Naturopathy, History, Mathematics, Fine Arts, Astronomy, etc. are a part of these civilizations. It is essential to recognize the importance of these systems in the contemporary world. Pioneered by our great sages of India, they help us achieve wellness and wisdom. It is our duty to spread this great knowledge to the new generation for their self-improvement. The two-day interactive sessions at this international conference are being organised by the School of Yoga Sciences, Swami Rama Himalayan University. This conference will provide a platform to all Yoga aspirants, educational or academics experts, yoga lovers, scholars, students, doctors, historians, Indian traditional knowledge experts, and other field experts to come together and share their views and experiences with the mass for society's betterment. This international conference will provide an opportunity for researchers to present their findings on an enormous virtual platform.

About Swami Rama Himalayan University:

Swami Rama Himalayan University is a new-age university with cutting-edge facilities. It is a great place for fresh ideas and clean air. Nestled in the Himalayas, the university is surrounded with pine and deodar forests. It is one of India's most inspiring and cleanest campuses to also offer world-class infrastructure. We aim to provide high-impact, high-quality university education to students who have a strong desire to flourish in their field. Swami Rama Himalayan University has School of Yoga Science, where we offer the B.Sc. Yoga & Holistic Health, M.Sc. Yoga Science & Holistic Health, M.Sc. Yoga Therapy and Ph.D. Yoga program. Swami Rama Himalayan University is recognized for its quality of education and focus on research. A top-ranked university of Asia and a highly regarded name in India, Swami Rama Himalayan University is UGC Approved and NAAC A+ Accredited & is ranked in the 101 to 150 band under the NIRF rankings by the Ministry of Education, Government of India.

Keynote Speakers

Name	Designation
Dr. Pradumna Singh Shekhawat	Advisor, Ministry of Ayush, New Delhi
H.H. Swami Ritavan Bharati	AHYMSIN, Swami Rama Sadhak Gram, Rishikesh
Dr. Ramesh Bijlani	Former Professor & Head, Dept. of Physiology, AIIMS, New Delhi
Prof. B. N. Gagandhar	Former Director NIMHANS, Bengaluru, Former Chairman NMC
Prof. Gautam Sharma	Professor Cardiology, In charge CIMR, AIIMS, New Delhi
Dr. Prakash Keshaviah	Member, Governing Body of Himalayan Institute of Hospital Trust
Dr. Monika Pathaniya	Professor & Head Center of AYUSH, AIIMS Rishikesh
Dr. Avinash C. Pandey	Director – Inter University Centre for Yogic Sciences
Dr. Anil Gourishetty	Head – Indian Knowledge System – IIT Roorkee
Dr. Shashibala Singh	Former Director NIPER Hyderabad & DRDO New Delhi
Mr. John Sellinger	Eminent Yoga Faculty, AHYMSIN, Australia



Sub Themes of the conference:

1. Complimentary Alternative Therapies
2. Common Ailments and its management through Yoga
3. Indian Knowledge System
4. Management of Techno stress through Yoga
5. Contribution of Indian Sages to the Society
6. Yoga for world peace
7. Spiritual Tourism
8. Significance of Vedic studies for Youth
9. Religions and its scientific approach
10. Scientific Spirituality and its effect on holistic health
11. Human health and its relation to Astronomy

Paper Presentation:

School of Yoga Sciences has a committee of subject experts. The committee will select the best research articles. Only selected research articles will be published in the abstract book. At the conference, School of Yoga Sciences will provide the Research paper presentation Platform.

Submission of Paper:

Participants are requested to submit their research papers based on the mentioned theme/sub- themes to yogaeventsrhu@gmail.com

Important Dates:

Last date for Abstracts submission –

16th February, 2026. (250 to 300 words)

Last date for submission of full-length paper –

25th February, 2026. (2000 to 2500 words)

Guidelines for Abstract & Full-length paper:

Font – Times New Roman

Font size: Heading – 12 Bold

Body Text – 12

Line Spacing – 1.5

Awards:

The committee will select the 3 best research papers based on methodology used, presentation, gravity of research work and panel questions. Awards will be as follows

1st Prize winner

**5100 Rs/- Cash Prize
with certificate.**

2nd Prize winner

**2100 Rs/- Cash Prize
with certificate.**

3rd Prize winner

**1100 Rs/- Cash Prize
with certificate.**

Registration:

Process for the online registration of the conference, click on the google form link, fill required details, and pay the registration fee through the given account details and submit the form. After that you will receive the registration confirmation mail.

Google Form Link for Registration: <https://forms.gle/v92dPJMbJqp9LFLd7>

Registration Charges:

Accommodation will be arranged on a chargeable basis for participants who submit their details on or before 5th March 2026

- **Students** - Rs.850/- Including GST
- **Indian Research Scholars** - Rs 1200/- Including GST
- **Indian Teachers/Professionals** - Rs 1200/- Including GST
- **Day Registration Charges** - Rs 700/- Including GST
- **Foreign Participant Charges** - USD 60/-

Note - If any participant wishes to purchase a Souvenir, the associated charges shall be collected separately and will not be included in the registration fees.

Schedule of the Conference

Day - 1

Session One: Inauguration

Session Two: Conceptual Session

Session Three: Research Paper Presentation

Session Four: Conceptual Session

Cultural Evening

Day - 2

Session Five: Conceptual Session

Session Six: Research Paper Presentation

Session Seven: Conceptual Session /

Research Paper Presentation

Session Eight: Valedictory Session

Payment Account Details:

Name of Account Holder: Himalayan Institute
of Medical Sciences Conference Account

Branch Name: Doiwala Branch, Dehradun

Bank Name: ICICI Bank

IFSC Code: ICIC0007339

Account Number: 733901000483



Day 01:

Time	Event
09:30 - 10:00 am	Registration
10:00 - 11:30 am	Session I- Inauguration (High Tea for Expert)
11:30 - 1:00 pm	Session II- Conceptual Lecture
1:00 - 2:00 pm	Lunch
2:00 - 3:30 pm	Session III-Research Paper Presentation
3:30 - 4:00 pm	Tea Break
4:00 - 5:00 pm	Session IV- Conceptual Lecture
5:30 - 7:00 pm	Cultural Event
7:30 - 8:30 pm	Dinner

Day 02:

Time	Event
9:30 - 10:30 am	Session V- Conceptual Lecture
10:30-11:30	Session VI -Research Paper Presentation
11:30 - 12:00 am	Tea Break
12:00 - 1:30 pm	Session VII- Conceptual Lecture/ Research Paper Presentation
1:30 - 2:30 pm	Lunch
3:00 - 4:00 pm	Session VIII-Valedictory
	Tea Break



Organizing Committee Members

Name	Designation
Dr. Rajesh Kumar	Professor & HOD, Himalayan College of Nursing, SRHU
Dr. Deep Shikha	Professor, Department of Community Medicine, SRHU
Dr. Nikku Yadav	Associate Professor & HOD, Department of Clinical Research, SRHU
Dr. Ujjawal Nautiyal	Associate Professor, School of Pharmaceutical Science, SRHU
Dr. Geeta Rana	Associate Professor, School of Management Studies, SRHU
Dr. Ashutosh Kumar Choudhary	Associate Professor, Department of Applied Science & Humanities, School of Science & Technology, SRHU
Dr. Vibhor Sharma	Associate Professor, Department of Computer Science & Engineering, School of Science & Technology, SRHU
Dr. Vijay Kumar Singh	Associate Professor, School of Biosciences, SRHU
Dr. Ramkumar S.	Assistant Professor, Department of Physiology, SRHU
Dr. Somlata Jha	Assistant Professor, School of Yoga Sciences, SRHU
Dr. Ankit Sharma	Assistant Professor, School of Yoga Sciences, SRHU
Dr. Sandeep Kumar Singh	Assistant Professor, School of Yoga Sciences, SRHU
Dr. Shivom Acharya	Assistant Professor, School of Yoga Sciences, SRHU
Dr. Garima Jaiswal	Assistant Professor, School of Yoga Sciences, SRHU
Dr. Saloni Malik	Assistant Professor, School of Yoga Sciences, SRHU
Mr. Rahul Baluni	Assistant Professor, School of Yoga Sciences, SRHU
Mr. Vijendra Dwivedi	Yoga Instructor, School of Yoga Sciences, SRHU
Mr. Ashish Painuly	Yoga Instructor, School of Yoga Sciences, SRHU
Ms. Anuradha Sharma	Yoga Instructor, School of Yoga Sciences, SRHU
Ms. Neelam Rawat	Yoga Instructor, School of Yoga Sciences, SRHU
Ms. Kajal Pal	Yoga Instructor, School of Yoga Sciences, SRHU

Organizing Co-Committee members

Research Scholars of SRHU

1. Ms. Ritu	8. Ms. Deepanjali Chauhan	14. Mr. Navneet
2. Ms. Mahima Misra	9. Ms. Srishti Thakuri	15. Mr. Ankit Semwal
3. Ms. Anushka	10. Ms. Disha Pal	16. Mr. Suraj Gauniyal
4. Ms. Sakshi Sharma	11. Mr. Amit	17. Mr. Sanjay Badoni
5. Ms. Diksha Patel	12. Mr. Anup Raturi	18. Mr. Gaurav Juriyal
6. Ms. Nisha Yadav	13. Mr. Vikas Pandey	19. Mr. Tusshar Rawat
7. Ms Neelam Patel		