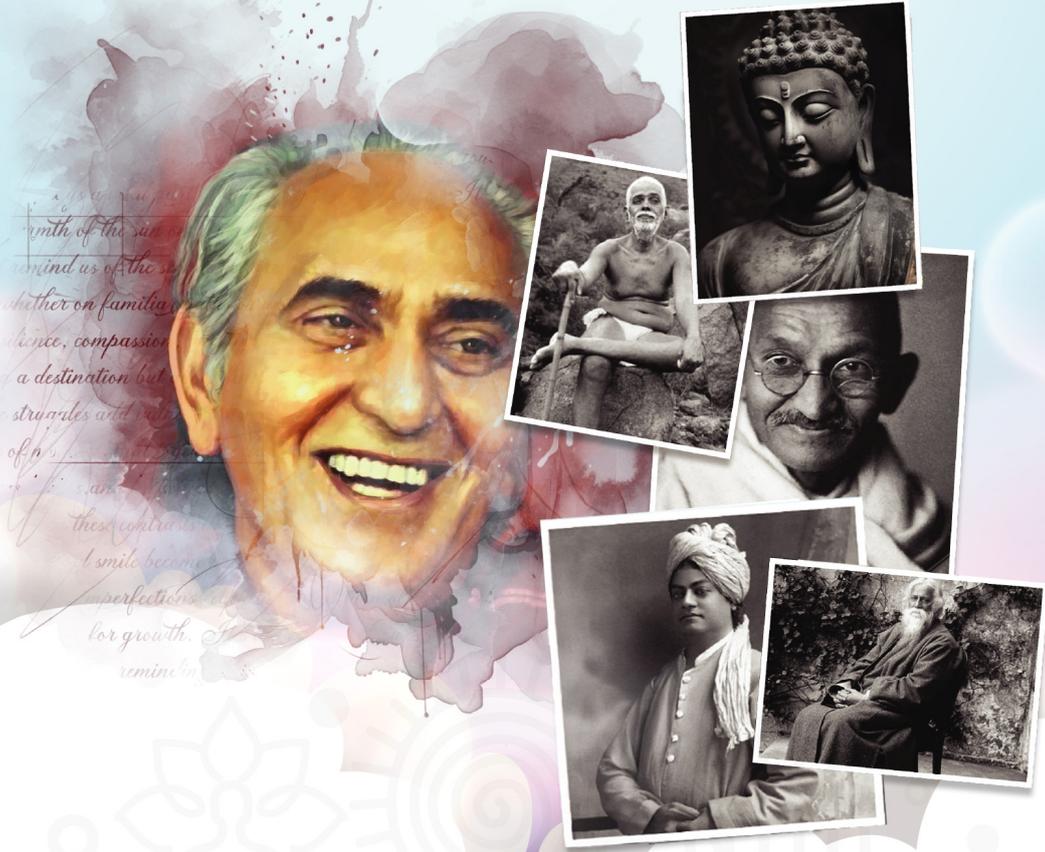


International Conference on “Indian knowledge System and Scientific Perspective of Yoga for Holistic Health”



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:

The oldest Ancient Indian Civilization (AIC) is distinguished by its profound thought and wisdom. Indian Knowledge Systems, such as yoga, ayurveda, naturopathy, history, mathematics, fine arts, astrology, architecture, and astronomy etc., emerged from this civilization as the aspects of teaching-learning, healthcare, life, and business management are underestimated in contemporary times. Physical inactivity, addictive behaviours, poor diet, stress, over/misuse of technology, and over-sensory indulgences are explored as the major causes/risk factors behind the globally increasing trend of chronic illnesses that lead to the highest disability, morbidity, mortality, financial decline, and poor quality of life. Based on scientific reports, yoga has been found to be a cost-effective, low-harm add-on option for disease prevention, healing, age reversal, and rehabilitation. With this background, School of Yoga Sciences (SYS) aligned with yogic vision of His Holiness Swami Rama at SRHU is going to organize Two-day International Conference on "Indian Knowledge System and Scientific Perspective of Yoga for Holistic Health" to provide offline/online platform to discuss and share perspectives, experiential and scientific experiences of Yoga aspirants, educationists, academicians, yoga lovers, scholars, students, healthcare workers, historians, philosophers, theologians, traditional healers, and allied experts for the benefits of common people and learners/professionals working in the field of Complementary and Alternative Medicines (CAMs). Besides, the conference will support exploring, discussing, validating, applying, and promoting other CAMs to prevent and manage biopsychosociospiritual problems of mankind..

About Swami Rama Himalayan University:

SRHU, recognized by UGC, ranked A+ by NAAC, and within band 101-150 by NIRF, MoE, GoI, is located on the foothills of the divine Himalayas, in proximity to the Ganges and yoga land, Rishikesh. The University was envisioned and established by noted and quoted contemporary yoga and spiritual master, His Holiness Swami Rama. SRHU aims to provide integrative healthcare services, quality teaching-learning, research, and advocacy in medical, paramedical, and applied sciences, management, engineering, technology, yoga sciences, and other Vedic spectrums, aligned with Swami Rama's vision: Love, Serve, and Remember. Ecological beauty, spiritually vibrant and clean premises, potential human resources, and world-class infrastructures and amenities make SRHU a unique destination for learners expecting professional competence, holistic personality development, and an attitude of global citizenship.

Eminent Speakers

Name	Designation and Affiliations
Dr. Vijay Dhasmana	President, SRHU, Dehradun, Uttarakhand
Dr. Christopher Chapple	Doshi Professor of Indic and Comparative Theology, Loyola Marymount Uni., USA
Dr. Sat Bir Singh Khalsa	Associate Professor, Harvard, Medical School, Boston, USA
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. Gangadhar	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. Shashibala Singh	Former DG (Life Sciences) DRDO
Mr. John Sellinger	Eminent Yoga Faculty, AHYMSIN, Australia
Dr. Rima Dada	Professor, AIIMS, Delhi
Dr. N. K. Manjunath	Vice-Chancellor, SVYASA, Deemed to be University, Bangalore
Dr. Bishal K. Sitaula	Professor, Norwegian University of Life Sciences, Norway
Dr. Sthaneshwar Timalisina	Professor, Matto Center for India Studies, Stony Brook University, USA
Dr. Thomas F. Feiner	Founder & Director, Institute for EEG—Neurofeedback, Munich, Germany
Dr. Ashoo Grover	Professor, Deputy Director General, ICMR, New Delh
Dr. Kashinath Samagandi	Director, MDNIY, Delhi
Dr. Anurag Varshney	Vice-president, Patanjali Research, institute, Haridwar
Dr. Ananda Balayogi Bhavnani	Director, Institute of Salutogenesis and Complementary Medicine (ISCM)
Dr. Tina Cartwright	Reader, Applied Yoga Research Group, University of Westminster, London, UK
Dr. Partha Roy	Professor, IIT, Roorkee
Dr. Mirtunjaya Rathore	Professor, AIIMS, Raipur, Chhattisgarh

Sub Themes of the Conference:

1. Integrative Healthcare
2. Evidence-based Yoga Therapy
3. Science of Yoga
4. Swami Rama Yoga Model
5. Yoga & Spiritual Tourism
6. Religious Approaches for Health Promotion
7. Tantric Perspectives on Health & Happiness
8. Paradigms of Yoga Research

Paper Presentation:

School of Yoga Sciences at SRHU has a strong committee of subject experts to review and select the best research articles and manage the conference presentations. Only selected research articles will be published in conference abstract/proceeding book.

Submission of Paper:

Participants are requested to submit their thematic research papers at yogaeventsrhu@gmail.com.

Important Dates:

Last date for Abstracts submission –

16th February, 2026

Last date for submission of full-length paper –

25th February, 2026

Guidelines for Abstract/Full-length Paper Preparation & Submission

Font: Times New Roman, **Size:** 12, **Line Spacing:** 1.2

Abstract: Factual, ≤300 Words, **Length of the Full Paper:** ≤5000 Words

Structure of the Paper: Please Follow APA 7th edition

Please ensure file name as "Surname_Abstract_Ttile of the Paper"
before online submission/emailing

Awards

The committee will select 3 best research papers based on their novelty, methodological rigor, relevance and presenter's competence.

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:

For online conference registration, please 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 email.

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

Registration Charges:

For Conference

- **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/-
- **For accommodation you may contact on**

+91 92585 83388, +91 8800652813

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 01: Inaugural Ceremony
- Session 02: Plenary/Invited Talks and Oral Presentations
- Session 03: Plenary/Invited Talks, Oral and Poster Presentations
- Session 04: Plenary/Invited Talks, Oral and Poster Presentations
- Session 05: Cultural Functions

Day - 2

- Session 01: Plenary/Invited Talks and Oral Presentations
- Session 02: Plenary/Invited Talks and Oral Presentations
- Session 03: Plenary/Invited Talks and Oral Presentations
- Session 04: Panel Discussions
- Session 05: Valedictory Function Cultural

Bank 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



Organizing Committee Members

Name	Designation and Affiliation
Dr. Rudra Bhandari	Professor, School of Yoga Sciences, SRHU
Dr. Rajesh Kumar Sharma	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
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Dr. Neelam Bisht	Consultant, Ayurveda Centre, 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
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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

- | | | |
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| 7. Ms. Neelam Patel | | |

Life at SRHU



SRHU, a unique destination for empowering holistic health & learnings.