

# 10<sup>th</sup> International Conference



SCIENTIFIC EXPLORATION OF  
PRINCIPLES & PRACTICES  
OF

# oga

**24 - 25 February, 2024**

**Venue:**

**Uttarakhand Sanskrit University, Bahadrad, Haridwar, U.K.**

## Eminent Speakers



**Dr. H. R. Nagendra,**  
Chancellor, SVYASA



**Dr. Subodh Tiwari,**  
Hon. Secretary & CEO Kaivalyadham



**Dr. Ananda Balayogi,**  
President, ICYER



**Prof. B. R. Sharma,**  
V.C. Sri Sri University



**Prof. Meera Sharma,**  
London



**Prof. G. D. Sharma,**  
Former, Dean



**Prof. J. P. N. Mishra,**  
Former, Dean



**Prof. Ishwar Bhardwaj,**  
Former Dean



**Prof. Ganesh S. Giri,**  
Former Dean



**Prof. Mahesh Prasad Silori,**  
Former Deen, LBSU



**Prof. K. Krishna Sharma,**  
Mangalore University



Jointly Organized by  
**Indian Association of Yoga,**  
New Delhi, India



Department of Yoga  
**Uttarakhand Sanskrit University,**  
Haridwar

## Invitation

Dear Yoga lovers,

Welcome to the **10th International Conference** on the "Scientific Exploration of Principles & Practices of Yoga" This mega event is all about Unveiling the Science behind Mind, Body, and beyond. We are thrilled to invite you to the milestone, 10th International Conference being conducted by Dept of Yogic Science, Uttarakhand Sanskrit University Haridwar. In a world that's increasingly recognizing the profound impact of yoga on human health and well-being, this conference serves as a bridge between the ancient wisdom of yoga and the modern scientific understanding of its mechanisms.

Over the last decade, the "Indian Association of Yoga" has evolved into a global hub for researchers, practitioners, and enthusiasts of yoga. It's a unique platform where science meets spirituality, where ancient practices meet cutting-edge research, and where the mind-body spirit equilibrium is scientifically explored like never before. Please come and join this global summit of Yoga.

- Dr. Kamakhya Kumar

### About the Event:

These two-day interactive sessions of the **International conference** (in Hybrid Mode) will provide an international platform to all the Yoga aspirants, Experts, Scholars to come together, for sharing their views and experience with the mass for the betterment of the society globe, and the whole humanity. At the same time the researchers and scholars will get an avenue to present their research findings before audience from across the globe. There will be some important motivational technical and experiential sessions on Yoga and Spirituality as well.

By the previous year we gave the "**Best Article Author Award**". The award will be given based on quality of article and the scientific evidence provided as well as presentation of the result in the article. Winner will be announced in valedictory function and a separate felicitation will be given.

This event also comprises of "**Best Paper Presentation Award**". The award will be given based on the quality of presentation and presentation skill as well as management of time by the presenter.

"**Quiz competition**" will also be organized during the event of First day with all the aspirants who will get registered for the competition. (Reg. Fee 100/-) Registration form can be collected from registration help desk or on our website. Interested aspirants may register themselves separately. The finalist will be selected based on the performance in first written round and the final Verbal round will be held on the eve of first day separately. First, Second and third Prize will be given to the winner based on final round result.

### Sub Themes:

- Science and Philosophy of Yoga and Spiritual practices
- Science and philosophy of Traditional/ Modern Yoga
- Recent advancements in Yoga and Health
- Neurological benefits and Yoga
- Yoga as a way of holistic living
- Spiritual Tourism and Yoga
- Psychological /Behavioral benefits in Yoga
- Physiological/ societal advancements in Yoga
- Sports-psychophysiology
- Value based education and Yoga
- Entrepreneurship and Yoga
- Yoga and media/Mass Communication

### Important Notes

- Limited seats (200) are available this year, which will be serving on first come first serve basis. No registration will be entertained thereafter.
- This Conference will be held in Hybrid Mode (**both Physical and Online Mode**). To know more visit website.
- This year No return policy will be implemented for registration Fee.
- Scholars are requested to send their **articles on or before 31st Jan. 2024** for Paper presentation and no article will be entertained thereafter.
- Article for the Conference Souvenir (with ISBN No.) will be entertained till **31st Jan. 2024** and no article will be entertained thereafter.
- Quality Papers will be published in either souvenir or the Peer reviewed, Multidisciplinary, International Journal published by Indian Association of Yoga.





Registration Charges			Spot Registration
	With Accommodation (Accommodation, Food, & Conference Kit)	Without Accommodation (Conference Kit + Lunch)	Without Accommodation One Day Registration
Indian Students	INR 2500	INR 1500	1000/Day
Delegates	INR 3500	INR 2500	1500/Day
Foreigners	USD 150	USD 100	USD 75/Day
Registration fee for Quiz Competition 100/ INR for all the interested aspirants.			



Scan the QR Code  
for  
Registration

*\*Co-authors need to register separately.*

### Schedule for Day I: 24<sup>th</sup> February 2024 (Sat.)

Sr.	Event	
1	Breakfast	08:00-09:00 AM
2	Spot Registrations	09:00-10:00 AM
3	Inaugural ceremony	10:00-11:00 AM
4	Keynote Speech	11:00-12:30 AM
5	Round- I Quiz Competition	12:30-01:30 AM
6	Lunch	01:30-02:30 PM
7	Conceptual session 2	02:30-04:00 PM
8	Tea Break	04:00-04:30 PM
9	Conceptual session 3	04:30-06:00 PM
10	Round-II Quiz Competition	06:00-07:00 PM

### Schedule for Day II: 25<sup>th</sup> February 2024 (Sun.)

Sr.	Event	
1	Plenary Session	09:00-10:00 AM
2	Conceptual session 4	10:15-11:45 AM
3	Tea Break	11:45-12:00
4	Valedictory / Award Function	12:00-01:30 PM
5	Lunch	01:30-02:30 PM
6	Certificate distribution	03:00-04:00 PM
7	Departure	04:00

### Probable Eminent Speakers

**Prof Surendra Kumar Tyagi,**

GKV Haridwar

**Prof. Vinod P Upadhyay,**

Haridwar

**Prof. Suresh Barnwal,**

DSVV Haridwar

**Prof. Saraswati Kala,**

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Chicago, USA

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Berman, Germany,

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UAE,

**Swamini Shankari Shaktini,**

Hangari,

**Prof. Vivek Maheshwari,**

L U Ahmedabad

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A U Vishakhapatnam

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Ranchi



### Blessings

Pandit Sri Ram Sharma Acharya & Mata Bhagwati Devi Sharma  
(Founder All World Gayatri Pariwar)

### Patrons

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Vice-Chancellor, Uttarakhand Sanskrit University,  
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### Conference Committee

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