

12th INTERNATIONAL CONFERENCE on NEURO — YOGA AND CONSCIOUSNESS STUDIES

Integrating Yogic Wisdom with Modern Science



Online organised by
Indian Association of Yoga
in collaboration with

Department of Yogic Science
Uttarakhand Sanskrit University, Haridwar

Date: 21–22 February 2026

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



CONCEPT NOTE

Yoga, one of India's greatest heritages, offers a comprehensive understanding of well-being that transcends the boundaries of physical health. Increasingly, contemporary research in neuroscience, psychology, physiology, and consciousness studies is providing scientific validation to Yogic principles and practices that have been refined for thousands of years. The growing field of Neuro-Yoga highlights how yogic techniques influence brain function, neural plasticity, stress physiology, cognition, emotional balance, and deeper states of awareness.

This 12th International Conference seeks to create an interdisciplinary platform for scholars, scientists, clinicians, Yoga practitioners, philosophers, and academicians to explore the synergy between ancient Yogic wisdom and modern scientific research. The event aims to promote evidence-based Yogic interventions and foster a richer understanding of the body-mind-consciousness.

The conference will encourage reflective dialogue, research exchange, practical demonstrations, and collaborative explorations to bridge the experiential knowledge of Yoga with analytical and empirical scientific approaches. By doing so, it intends to support the integration of Yoga into education, healthcare, community well-being programs, and personal spiritual development pathways.

Conference Objectives

- To explore the neurophysiological mechanisms underlying yogic practices
- To integrate Yogic Science with neuroscience, psychology, health, and biomedical sciences
- To encourage evidence-based Yogic therapies for physical, mental, and emotional health
- To advance consciousness research through Yogic philosophical and meditative frameworks
- To promote collaborative research and academic networking at national & international levels

Sub-Themes (for Technical Sessions & Paper Presentations)

- Yoga Nidra and Cognitive-Emotional Regulation
 - Pranayama and Neurophysiology of Breath
 - Nada Yoga, MSRT, and Sound Resonance for Healing
 - Yoga for Mental Health and Psychosocial Well-being
 - Yogic Approaches to Consciousness Expansion and Inner Transformation
 - Yoga for Lifestyle Diseases and Clinical Therapeutics
 - Yoga and Education, Leadership, Productivity & Human Performance
 - Integration of Yoga, Ayurveda, and Complementary Medicine
- (Note: Research papers outside these themes but aligned to Yoga and Consciousness are welcome.)

Who Should Participate

Researchers, academicians, Yoga therapists, psychologists, medical professionals, neurologists, traditional medicine experts, research scholars, students, wellness practitioners, and policy-makers.

Submission Guidelines

Abstract Length: 200-300 words

Keywords: 3-5 keywords

Full Paper : 3000-4000 words (if submitting for publication consideration)

Format: Times New Roman, 12 pt font, 1.5 spacing

Referencing Style: APA 7th Edition

Submission Procedure

Please send your **Abstract / Full Paper** to:

Email: indianassociationofyoga@gmail.com

Include: Name of Author(s), Institutional Affiliation, Title of Paper and Mode of Presentation (Online)*

Online Registration: www.indianassociationofyoga.org

Registration Charges	
Students	500/-
Scholars Presenting Paper	750/-
Teacher	1000/-

**Co-authors need to register separately.*



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for
Registration

Probable Eminent Speakers

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Chancellor, SVYASA

Dr. Ananda Balayogi

President, ICYER

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Former V.C. Sri Sri Univ.

Prof. Meera Sharma,

London

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Mr. Mohit Lohan, Mr. Dishant Sharma

Important dates

Last date for Abstracts submission (up to 300 words): Jan 20, 2026.
Last date for submission of full paper Jan 31, 2026, PPT Submission Feb.10, 2026

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