

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: wwwindianassociationofyoga.org

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

**Co-authors need to register separately.*



Scan the QR Code
for
Registration

Probable Eminent Speakers

Dr. H. R. Nagendra

Chancellor, SVYASA

Dr. Ananda Balayogi

President, ICYER

Prof. B. R. Sharma

Former V.C. Sri Sri Univ.

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

Prof Surendra Kumar Tyagi,

GKV Haridwar

Prof Norio Tanaka

Bunkoy University, Japan

Prof. Suresh Barnwal,

DSVV Haridwar

Prof. Saraswati Kala,

SGRR Dehradun

Dr Yogi Devaraj,

Y U A Florida

Yogi Jaydevan,

DYUYC Kerala

Dr Balachandran Naiyar,

Kerala,

V.C. Ramakrishnan,

Tamilnadu

Prof. O N Tiwari,

UoP Haridwar

Dr P C Malshe,

Haridwar

Prof. T. Padmanabhan,

Mahatma Gandhi Univ Kerala

Prof. Sadhna Douneria,

BU Bhopal

Dr Deepti Suri,

Chicago, USA

Dr. Rajesh Mishra,

Berman, Germany,

Mr Sumit Kumar

UAE,

Swamini Shankari Shaktini,

Hangari,

Prof. Vivek Maheshwari,

L U Ahmedabad

Dr Amarjeet Yadav,

Lucknow

Dr K Ramesh Babu,

A U Vishakhapattanam

Dr Navdeep Joshi,

LBSSCU, New Delhi

Dr Ramesh Kumar,

LBSSCU, New Delhi

Dr. Somyata Jha, SRHU

Dehradun

Dr Parineeta Singh,

Ranchi

Organizing Chairman
Dr Kamakhya Kumar
Dean, Adhunik Gyan Vigyan
Uttarakhand Sanskrit University, Haridwar, Uttarakhand 249402
Email: kamakhya.kumar@gmail.com

Organizing Secretary
Dr. Laxmi Narayan Joshi
Dept of Yogic Science, Uttarakhand Sanskrit Univ.
Email: dr.laxminarayan88@gmail.com

Deputy Organizing Secretary
Dr Sudhanshu Verma
Dept of Yogic Science, Central Sanskrit University
Mb: 07017901732, Email: shudverma@gmail.com

Coordinators

Dr. Pradyumna Singh Shekhwat-
Jain Vishva Bharti, Ladnun, Rajasthan.
Dr. Sanjib Kumar Patra-
Central University of Rajasthan, Jaipur, Rajasthan.
Dr. Sanjay Singh-
Amity University, Noida-125, UP.
Dr. Dipeshwar Singh-
Dr. Bhimrao Ambedkar University, Lucknow, UP.
Dr. Udhamp Singh-
Gurukul Kangri University, Haridwar, UK.
Dr. Nidheesh Kumar Yadav-
Shoolini University, Solan, HP.
Dr. Nisha Joshi-
Nisha Joshi Yoga Academy, Indore, MP.
Dr. Ajay Pal-
Central University of Haryana, Haryana
Dr. Keval Ram Chakradhari-
Sri Rawatpura Sarkar University, Raipur, CG.
Dr. Seema Chouhan-
Kumau University, Nainital, UK.
Dr. Arun Sao-
Dr. Hari Singh Gour, University, Sagar, MP.
Dr. Sandeep Kumar-
University of Patanjali, Haridwar, UK.
Dr. Sunil Kumar Sriwas-
Monad University, U.P.

Dr. Kanchan Joshi-
Sri Guru Ram Rai University, Dehradun, UK.
Dr. Anuja Rawat-
H. N. B. Garhwal University, Sri Nagar, UK.
Dr. Sunil Kumar Yadav-
Central University of Himachal, Dharmshala, HP.
Dr. Bhanu Joshi-
Uttarakhand Open University, Nainital, UK.
Dr. Arpita Joshi-
Himachal University, Shimla, UK.
Dr. Naveen Bhatt-
Soban Singh Jina University, Almora, UK.
Dr. Ujjwal Maske-
Mahapurush Srimanta Shankardev University, Assam.
Dr. Subodh Sourabh-
Swami Ram Himalayan University, Dehradun.
Dr. Narendra Singh-
Dr. Bhimrao Ambedkar University, Lucknow, UP.
Dr. Ram Kishor-
C.S.J.M. University, Kanpur.
Dr. Charu Sharma-
MBSPSU Patiala (Punjab)
Dr. Shivcharan Naudiyal
(Sparsh Himalaiya University, Dehradun),
Sh. Rajendra Nautiyal-
Uttarakhand Sanskrit University, Haridwar, UK

Conference Committee

Dr. Ram Ratan Khandelwal, Dr. Ajay Bharadwaj, Dr. Sandeep Singh (SRHU), Dr. Shivom (SRHU),
Pinakin Rajyaguru (Guj), Dr Paul Madan (Pb), Sanyasi Muktesh (W. B), Sh Ashutosh Kusumkar (Patna)
Dr Amit Tyagi (Delhi), Dr Somdutta Tiwary (Mumbai), Sh Umashankar Prasad (Kolkata), Smt. Pratibha Singh
(Haridwar), Mr. Anoop Bahukhandi, Dr. Anupam Kothari, Dr. Anjana Uniyal, Dr. Mahesh Bhatt, Dr. Ritesh
Gupta, Dr. Charchit Baliyan, Dr. Ritesh Vashishta, Dr. Rinku Chhoker, Mr. Ashish Panwar,
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

Contact

Email: indianassociationofyoga@gmail.com

Our Websites: www.indianassociationofyoga.org, / www.indianyoga.org

Mb: 9639118304, 9045410556 (for technical support only)