



**NATIONAL CONFERENCE**  
on  
**Research in Yogic and Allied  
Disciplines**

19th – 20th March 2024

Organized by:

**School of Education**  
**Apeejay Stya University**  
(NAAC A- Grade Accredited & UGC 12-B University)  
Village Silani, Sohna, Gurugram, Haryana

in collaboration with

**Inter University Centre for Yogic Sciences**  
Inter-University Accelerator Centre, Aruna Asaf Ali Marg, New Delhi

## Introduction

Apeejay Stya University (ASU) is a NAAC A Grade & UGC 12-B recognised private university located in Gurgaon, Haryana, India. Established in 2010 under the Haryana Private Universities (Amendment) Act 2010, ASU is part of the Apeejay Education, which has a long-standing reputation for excellence in education.

ASU offers a wide range of undergraduate, postgraduate, and doctoral programs in various disciplines with strong emphasis on research and innovation, encouraging students and faculty to engage in interdisciplinary research projects, collaborations, and publications that contribute to knowledge creation and societal impact. The University has established collaborations and partnerships with leading industries, organizations, and institutions to facilitate internships, placements, and experiential learning opportunities for students, enabling them to gain real-world experience and industry exposure. It actively promotes internationalization by fostering partnerships with universities and institutions worldwide. These collaborations facilitate student exchange programs, joint research initiatives, faculty development, and cross-cultural learning experiences. ASU is committed to nurturing the holistic development of students by providing a supportive learning environment that encourages critical thinking, creativity, leadership, communication skills, ethical values, and social responsibility.

In today's fast-paced world, marked by constant stressors and demanding lifestyles, the need for holistic approaches to health and well-being has never been more pressing. Amidst the cacophony of modern life, where technological advancements often outpace our ability to cope, the ancient practice of yoga emerges as a beacon of tranquility and resilience. Rooted in centuries-old traditions originating from the Indian sub-continent, yoga offers a comprehensive system that nurtures the harmony of mind, body, and spirit. Its gentle yet profound practices encompass physical postures, breathwork, meditation, and mindfulness techniques, all aimed at cultivating a sense of balance and inner peace. In a world where stress-related disorders, chronic illnesses, and mental health concerns loom large, yoga provides a pathway towards healing and self-discovery. Its therapeutic benefits extend beyond the realm of physical fitness, offering solace to individuals grappling with anxiety, depression, insomnia, and myriad other ailments of the modern age. As scientific research continues to unravel the mysteries

of yoga's profound effects on human physiology and psychology, the need for its integration into mainstream healthcare systems becomes increasingly evident. In essence, the need for yoga transcends cultural boundaries and geographical divides, offering a universal remedy for the ailments of the human condition.

### **Rationale**

The rationale for conducting a National Conference on Research in Yoga & Allied Disciplines in India, especially in the current world context, is multifaceted and rooted in several important considerations:

1. **Promotion of Yoga's Health Benefits:** Yoga is increasingly recognized worldwide for its numerous health benefits, including stress reduction, improved flexibility, strength building, and mental well-being. As people across the globe face rising levels of stress, lifestyle-related diseases, and mental health issues, promoting research in yoga can provide evidence-based support for its efficacy in addressing these challenges.
2. **Cultural Heritage and Identity:** Yoga is an integral part of India's cultural heritage and identity. By promoting research in yoga and allied disciplines, India can showcase its rich cultural heritage and contribute to global knowledge and understanding of traditional practices.
3. **Scientific Validation:** While yoga has been practiced for centuries and its benefits are widely acknowledged, there is a growing demand for scientific validation of its effectiveness. Research in yoga and allied disciplines can provide empirical evidence of its therapeutic effects, contributing to its acceptance in mainstream healthcare systems and enhancing its credibility among sceptics.
4. **Integration into Healthcare Systems:** Integrating yoga into mainstream healthcare systems can lead to more holistic and patient-centred approaches to healthcare. Research can help identify specific yoga practices that are effective for treating various health conditions, leading to the development of evidence-based treatment protocols and guidelines.
5. **Capacity Building and Collaboration:** Hosting a National Conference on Research in Yoga & Allied Disciplines can serve as a platform for capacity building among researchers, healthcare professionals, and yoga practitioners. It can foster

collaboration between academia, government agencies, healthcare institutions, and yoga communities to advance research agendas, share best practices, and build networks for future collaboration.

6. **Global Leadership:** India can position itself as a global leader in yoga research by investing in infrastructure, training programs, and collaborative initiatives. By hosting national workshops and conferences, India can demonstrate its commitment to advancing scientific research in yoga and allied disciplines, attracting international participation and collaboration.

7. **Public Health Imperatives:** In light of the COVID-19 pandemic and its impact on mental health and well-being, there is a growing recognition of the importance of holistic approaches to healthcare. Yoga, with its emphasis on mind-body integration and stress reduction, can play a significant role in promoting resilience and coping mechanisms during times of crisis.

In summary, a National Conference on Research in Yoga & Allied Disciplines in India can serve as a catalyst for advancing scientific knowledge, promoting cultural heritage, enhancing healthcare practices, fostering collaboration, and addressing public health imperatives in the current world context.

## **Objectives**

Conducting a National Conference on Research in Yoga & Allied Disciplines in India by ASU is serving several key objectives:

1. **Promoting Research Culture**
2. **Promoting Capacity Building**
3. **Facilitating Knowledge Sharing and Collaboration.**
4. **Exploring Interdisciplinary Connections**
5. **Appreciating Policy Implications and Advocacy**
6. **Empowering Communities**
7. **Ensuring Cultural Preservation and Global Outreach.**

In summary, the objectives of conducting a National Conference on Research in Yoga & Allied Disciplines in India encompass capacity building, knowledge sharing, interdisciplinary collaboration, policy advocacy, community empowerment, cultural preservation, and global outreach towards advancing the science and practice of yoga for the benefit of humanity.

## **Date of Conference**

The conference is scheduled to be held for two days on **19-20 March 2024**

## **Venue**

ASU Campus, Sohna Palwal Road, Village Silani, Sohna, Gurugram

## **Main Theme**

Research in Yogic and Allied Disciplines

## **Sub-Themes of the Conference**

The various topics under Research in Yogic and Allied Disciplines that could be discussed include the following areas, though not restricted to these only. These sub-themes can provide a comprehensive framework for researchers to delve into various aspects of yoga and allied disciplines during the conference.

- ❖ **Yoga and Mental Well-being:**
  - Exploring the impact of yoga on mental health.
  - Integrating yoga practices in psychotherapy.
  - Mindfulness and meditation in mental wellness.
- ❖ **Yoga and Physical Health:**
  - Assessing the physiological benefits of yoga.
  - Yoga for preventive healthcare.
  - Role of yoga in managing chronic illnesses.
- ❖ **Philosophy and Ethics in Yoga:**
  - Exploring the philosophical roots of yoga.
  - Ethical considerations in yoga teaching and practice.
- ❖ **Yoga and Modern Science:**
  - Scientific studies validating the efficacy of yoga.
  - Integration of modern science with traditional yogic practices.
- ❖ **Innovations in Yoga Teaching Methodologies:**
  - Technology-assisted yoga instruction.
  - Tailoring yoga programs for diverse populations.
- ❖ **Yoga and Cultural Heritage:**
  - Preserving and promoting traditional yoga practices.
  - Cultural aspects of yoga and its global dissemination.
- ❖ **Yoga and Education:**
  - Integrating yoga into school curricula.
  - The role of yoga in higher education.
- ❖ **Yoga and Sports Performance:**
  - Enhancing athletic performance through yoga.
  - Yoga for injury prevention and recovery in sports.
- ❖ **Yoga and Occupational Health:**
  - Workplace wellness programs incorporating yoga.

- Yoga for stress management in professional settings.
- ❖ **Yoga and Community Outreach:**
  - Implementing yoga in community health initiatives.
  - Social impact and community engagement through yoga.
- ❖ **Asana and Alignment Studies:**
  - Exploring the biomechanics and alignment principles in yoga postures.
  - Assessing the physiological effects of specific asanas.
- ❖ **Pranayama and Respiratory Health:**
  - Investigating the impact of pranayama on respiratory function.
  - Pranayama techniques for respiratory disorders.
- ❖ **Yoga Philosophy and Spirituality:**
  - Deepening understanding of traditional yogic philosophies.
  - Exploring the spiritual dimensions of yoga practice.
- ❖ **Mind-Body Connection in Yoga:**
  - Studying the interplay between mental and physical well-being in yoga.
  - Psychosomatic aspects of yoga practices.
- ❖ **Yoga and Aging:**
  - Adapting yoga for the elderly population.
  - Examining the effects of yoga on age-related health issues.
- ❖ **Yoga in Special Populations:**
  - Tailoring yoga programs for individuals with specific health conditions.
  - Yoga for children, pregnant women, and diverse populations.
- ❖ **Technology and Yoga:**
  - Integrating modern technology in yoga research and practice.
  - Virtual and augmented reality applications in yoga education.
- ❖ **Cultural and Historical Perspectives:**
  - Tracing the historical evolution of yoga.
  - Cultural influences on different styles of yoga.
- ❖ **Yoga and Cognitive Function:**
  - Investigating the cognitive benefits of yoga.
  - Yoga practices for enhancing concentration and memory.
- ❖ **Holistic Wellness through Yoga:**
  - Examining the holistic impact of yoga on physical, mental, and emotional well-being.
  - Integrating yoga into a comprehensive wellness approach.
- ❖ **Innovations in Yogic Techniques:**
  - Exploring new and evolving yoga practices.
  - Integrating traditional and contemporary approaches to yoga.
- ❖ **Yoga and Stress Management:**
  - Investigating the role of yoga in alleviating stress and promoting mental well-being.



- Evidence-based research on stress reduction through yoga.
- ❖ **Yoga and Lifestyle Diseases:**
  - Addressing the impact of yoga on lifestyle-related health issues.
  - Yoga interventions for preventing and managing chronic diseases.
- ❖ **Yoga and Mindfulness Practices:**
  - Examining the synergy between yoga and mindfulness.
  - Mindful yoga techniques for enhanced awareness and presence.
- ❖ **Community-based Yoga Initiatives:**
  - Implementing yoga programs in local communities.
  - Assessing the social impact of community-centered yoga initiatives.
- ❖ **Yoga for Athletes and Physical Performance:**
  - Studying the application of yoga in sports training.
  - Enhancing physical performance and recovery through yoga.
- ❖ **Yoga and Holistic Healing:**
  - Integrating yoga with complementary healing modalities.
  - Holistic approaches to health and wellness through yoga.
- ❖ **Yoga and Environmental Sustainability:**
  - Exploring the connection between yoga philosophy and ecological consciousness.
  - Yoga practices that promote environmental awareness and sustainability.
- ❖ **Yoga and Cultural Diversity:**
  - Adapting yoga practices to diverse cultural contexts.
  - Examining the cultural implications of yoga's global spread.
- ❖ **Yoga and Technology Integration:**
  - Utilizing technology for yoga research and practice.
  - Online platforms and applications for yoga education and dissemination.



## **How to Reach Apeejay Styia University (ASU)**

ASU is located in Sohna, Gurgaon, Haryana, India. Here are some common ways to reach the university:

### **1. By Road:**

- From Gurgaon: ASU is approximately 30 kilometres away from Gurgaon. You can take the Sohna Road and continue towards Sohna. After reaching Sohna, follow the signboards directing towards Apeejay Styia University.
- From Delhi: ASU is approximately 60 kilometres away from Delhi. You can take the Delhi-Gurgaon Expressway (NH-48) and then follow directions to Sohna. After reaching Sohna, follow the signs for Apeejay Styia University.

### **2. By Public Transport:**

- By Bus: There are regular bus services from Gurgaon and Delhi to Sohna. Once you reach Sohna, you can hire a local taxi or auto-rickshaw to reach Apeejay Styia University.
- By Metro: The nearest metro station to Apeejay Styia University is Huda City Centre Metro Station in Gurgaon. From there, you can take a taxi or auto-rickshaw to reach the university.

3. **By Train:** The nearest railway station to Apeejay Styia University is the Gurgaon Railway Station. From there, you can hire a taxi to reach the university.

4. **By Air:** The nearest airport to Apeejay Styia University is the Indira Gandhi International Airport (DEL) in Delhi. From the airport, you can hire a taxi or take a bus to reach Gurgaon, and then follow the directions mentioned above.

It's advisable to check for any changes in routes or transportation options, as they may vary based on current conditions and developments. Additionally, you can contact the university's administration or visit their official website for specific directions and guidance on reaching the campus.





## Invited Distinguished Speakers



**Chief Guest**  
**Prof. (Dr.) D.P. Singh**  
Ex Chairman  
University Grants Commission  
MoE, Govt of India



**Dr Jaideep Arya**  
**Chairman**  
Haryana Yog Aayog  
Govt of Haryana



**Dr Jagwanti Deswal**  
**Professor of Yoga**  
Maharshi Dayanand University



**Dr. Surendra Kumar Tyagi,**  
**Professor,**  
Department of Yoga Science, Gurukula  
Kangri Vishwavidyalaya, Haridwar



**Dr. Vikarm Singh**  
**Dy. Director,** Sports and Yoga  
Jawaharlal Nehru University,  
New Delhi.



**Dr. Madan Manav**  
**Founder Director**

Global Institute for Blissful Life Instructions,  
Services and Security (GI -BLISS)



**Dr. Sadhna Dauneria,**  
**Professor & Head,**  
Department of Yoga,  
Barkatullah University Bhopal



**Prof. Syed Tariq Murtaza**  
**Professor**  
Department of Physical Education  
Aligarh Muslim University, Aligarh



**Dr. Ajay Pal**  
**Head**  
Department of Yoga  
Central University of Haryana  
Mahendergarh



**Dr Navdeep Joshi**  
Department of Yoga Sciences  
Lal Bahadur Shastri Rastriya Sanskrit  
University, New Delhi  
**Member, CCRYN, Ayush Ministry,**  
Govt. Of India



**Dr. Arpit Kumar Dubey**  
**Head**  
Department of Yoga Philosophy  
Morarji Desai National Institute of Yoga,  
Ministry of AYUSH, Govt. of India.

## **Publication of Conference Papers**

The selected research papers, thematic papers and case studies will be subsequently published in an editorial book with ISBN number

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**Time Schedule of some important aspects related to the conference:**

**Submission of Abstract: 9<sup>th</sup> March 2024**

**Intimation of Abstracts acceptance: 10<sup>th</sup> March 2024**

**Submission of full paper; 15<sup>th</sup> March 2024**

## **Submission**

Abstract and full paper can be submitted to the following email id:

[conferencesoe@asu.apeejay.edu](mailto:conferencesoe@asu.apeejay.edu)

## **Registration**

Registration for the conference can be done at the following link:

<https://forms.gle/9paGnRJQ2MTEVNbu6>

Nominal registration fee from the participants is to charged as given below:

<b>Sr. No.</b>	<b>Participants</b>	<b>Registration Amount</b>
1	Faculty / teachers / academic personnel	500
2	Research scholars	300
3	PG / UG students	200

**Delegate fee payment can be done as per details given below:**

**NET-banking: Details of Apeejay Stya University Account:**

Account Name : Apeejay Stya University Collection Account  
Account No.: **00950200001788**  
Bank Name: Bank of Baroda  
Branch Address: B- 3, Connaught Place, New Delhi - 110001  
MICR: 110012013  
IFS Code: **BARBOCONNAU** (Please note that the fifth character is 0 (Zero).  
Branch Code - CONNAU  
Swift Code - BARBINBB (HEAD OFFICE)

**Contact organising team for More Details:**

**Convener, NCRYAD 2024**

**Prof. (Dr.) Ananda Padhan**

**Head**

School of Education

8930995689

**Organising Secretary, NCRYAD 2024**

**Dr. Vijay Kumar**

**Associate Professor & Coordinator**

School of Education

9319810687, 9811803015

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Prof. (Dr.) Vijay Vir Singh, Hon'ble Vice Chancellor, ASU

### Advisors

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Dr. Renu Batra, Advisor, Higher Education, Apeejay Education

Dr. Mithilesh Kumar Singh, OSD to Hon'ble Chancellor

Dr. Sucharita Kumari, Pro Vice Chancellor, ASU

Prof. Vimala Veeraraghavan, Professor Emeritus

Prof. Moinuddin, Professor Emeritus, ASU

Dr. SK Roy, Dean Management, ASU

Dr. Vyas M.S., Dean Biosciences, ASU

Prof. Sanjay Ahirwal, Dean Journalism, ASU

Prof. Anupama Diwan, Dean Pharmacy, ASU

Prof. Ananda Padhan, Head, Education, ASU

Dr. Amit Goel, Dean Engineering, ASU

Dr. Chetan Chaudhary, Registrar, ASU

### Organizing Committee

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Dr. Tikendra Kumar Sahu

Dr. Narender Yadav

Dr. Mohammad Zeeshan

Dr. Meenakshi

Dr. Akancha Singh

Ms. Neha Sharma