



# YOGASTHA e-CONFERENCE

Research in Yoga: Mind, Consciousness and Identity

## Introduction to Conference

Yoga is an invaluable gift of ancient Indian tradition to the world and central to the idea and identity of India. Yogasth Club of IIT Bombay celebrates the 75 years of India's independence by organizing an international conference on Research in Yoga. Yoga helps people by relieving suffering and promoting well-being through the practices like *Asana*, *Pranayama*, and *Dhyana* which have profound impact on mind, consciousness and identity. A fast growing body of scientific studies explains the impact of Yoga based practices on structural aspects of brain and nervous system. However, traditional knowledge system of Yoga talks about functional aspects of inner faculties like *manas*, *buddhi*, *citta* and *vrittis* as the realms of mind or consciousness where one experiences the calmness, harmony, and awareness arising through the Yoga based practices. Yoga darshan and practices also talk about states and qualities of mind like *klesas*, *vasnas*, *sanskaras*, *chitta Prasad*, *prajna* to explain the ways of attaining purity and equanimity of mind. This knowledge is relevant in the day-to-day life as well as fields of education, workplace, sports and so on. The world facing the crisis of COVID-19 pandemic is recognizing the criticality of mental well being. It is important to approach Yoga as a science to discover valuable insights for nurturing the positive qualities of mind, consciousness and identity. This approach will also realize the potential of Yoga in making other branches of natural and social sciences more holistic and integrative. Inspired by these ideas, 'Yogastha': the well-being club of IIT Bombay is organizing a two-day e-conference on August 7th and 8th, 2021 titled '**Research in Yoga: Mind, Consciousness and Identity**'. Also, a pre-conference workshop on 'Design and Approaches of Research in Yoga' will be conducted on August 6th, 2021.

## Guidelines for submission of extended abstract

- The extended abstract for the paper needs to be structured (Introduction, Research Question and Objective/s, Method, Findings and Implications for theory and practice) and within 1500 words.
- The submission should be in English (Times New Roman font), or in हिंदी (कृतिदेव /चाणक्य शब्द बनावट)
- Title font size 14, Content font size 12, Spacing 2.0.
- All submissions must be sent to [yogasthaconference@som.iitb.ac.in](mailto:yogasthaconference@som.iitb.ac.in)
- Last date for submissions is 24th July, 2021
- Submission is not necessary for registering and attending the conference.

## Proposed Topics for Abstract

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|--------------------------------------|---|
| 1. Philosophy and Traditions of yoga | 8. Yoga and Physiological Effects                             |
| 2. Yoga Darshana                     | 9. Yoga and Cognition   |
| 3. Yoga and Neurobiological Research | 10. Yoga as Psycho-social Intervention                        |
| 4. Yoga and Contemporary Psychology  | 11. Yoga for Promotion of Mental Well being                   |
| 5. Yoga and Ayurveda                 | 12. Yoga for Mindfulness                                      |
| 6. Yoga in Management                | 13. Yoga and Positive Psychology                              |
| 7. Yoga in Education                 | 14. Yoga : Extending the Boundary of Research beyond Ashtanga |

## Pre-Conference Workshop

The Pre-Conference Workshop will be organized on **August 6th, 2021**. The faculty for the workshop are experienced and accomplished researcher who will offer the sessions on the latest research methodology in Yoga and Meditation, Yoga research with implications in the fields of philosophy, psychology, management, sociology, economics, education, and mental health and different approaches and possibilities of innovative designs for Yoga research.

## **Plenary sessions:**

- Yoga Darshana
- Yoga and Positive Psychology and Education
- Yoga and Neurophysiology
- Yoga and Ayurveda
- Yoga and Indian Psychology
- Yoga and Management
- Yoga in Devotional Literature

## **Key Note Speakers and Facilitators of conference and workshop :**

- Prof. B. N. Gangadhar, Director, National Institute of Mental Health and Neurosciences (NIMHANS)
- Dr. Indranill Basu Ray, Memphis VA Medical Center
- Prof Kathryn Pavlovich, University of Waikato
- Prof. Shivarama Varambally MD D.Sc. (Yoga) Head (I/C) Department of Integrative Medicine, NIMHANS,
- Dr. Peter Sedlmeier, Technische Universität Chemnitz
- Prof . Dharm P.S. Bhawuk, Professor, University of Hawai in Manova
- Dr. Stephen Parker, (Stomaji), Psychotherapist and Senior faculty, Himalayan Yoga Tradition
- Dr. Sanjay Phadke, MD, DPM (NIMHANS), Chair, IPS Task Force on Mind-Body Medicine
- Dr. Uma Shankar Pachauri, Scholar and Speaker on Ram Charit Manas
- Dr. Bala Subramaniam, Professor of Anaesthesiology, Harvard Medical School.
- Prof. Tracy F. H. Chang, Associate Professor, Business Department at Rutgers - State University of New Jersey
- Prof. K.S. Maheshwaran, Madras Sanskrit College
- Prof. Ashish Pandey, SJMSOM, IIT Bombay

**E-Conference Registration :** [Charges are including 18% GST]

Programs	Charges (INR)*
e -Conference	1,000
e -Conference with Pre-Conference Workshop	1,500

Here is the link to register: <https://forms.gle/Z2KmY41t8EYFYLgi7>

• **Online Transfer Details for Indian Nationals :**

A/C Name : THE REGISTRAR, IIT BOMBAY

A/C No : 00000010725729128

Bank & Branch : State Bank of India, IIT Powai Branch

IFSC Code: SBIN0001109

**For any information, please contact:**

Email : [yogasthaconference@som.iitb.ac.in](mailto:yogasthaconference@som.iitb.ac.in)

Phone : 9167309555



| Organised by |  
Yogastha; The institute body for promoting Yoga and Wellbeing  
**Indian Institute of Technology Bombay**

