



VIRTUAL

YOGASTHA e-CONFERENCE

Research in Yoga Based Practices and Yoga Darshana



July 10 to 12, 2020

Indian Institute of Technology Bombay

Introduction on Conference

Yoga is helping millions of people by relieving suffering and promoting well-being. Yoga includes practices like *Asana*, *Pranayama*, and *Dhyana* and a *Darshana* or the philosophy of life which is based on balance, calmness, harmony, and awareness. Due to the holistic and integrative nature of Yoga, its positive impacts are evident not only in the day-to-day life but also in the fields of education, workplace, sports and so on. The relevance of Yoga and Ayurveda is recognized during the current crisis of COVID-19 and is likely to increase in the future to keep humanity physically and mentally healthy. It is important to approach Yoga as a science to discover valuable insights about Yoga based practices and Yoga Darshana. 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 July 11th and 12th, 2020 titled '**Research in Yoga Based Practices and Yoga Darshana**'. Also, a pre-conference workshop on 'Design and Approaches of Research in Yoga' will be conducted on July 10th, 2020.



Date : July, 10 –12, 2020
Time : 2:00 p.m. to 5.30 p.m.



Pre-Registration required on:
Google Form :
<https://bit.ly/2TMj2x0>

Guidelines for submission of extended abstract

- The 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 abstract submission should be in English, Times New Roman font, Title font size 14, Content font size 12, Spacing 2.0.
- All abstracts must be submitted via the conference website ONLY.
- Last date for submission of Abstracts is 15th June, 2020
- Submission is not necessary for registering and attending the conference.

Proposed Topics for Abstract

- | | |
|--------------------------------------|---|
| 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 **July 10, 2020**. The faculty for the workshop are experienced and accomplished researchers 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. For the pre-conference workshop, preference will be given to current Masters and PhD scholars.

Plenary sessions:

- Yoga Darshana
- Yoga and Positive Psychology and Education
- Yoga and Physiology
- Yoga and Ayurveda
- Yoga and Indian Psychology
- Yoga and Management
- Yoga in Folk Cultures

Following speakers are expected to enlighten the e-conference participants:

- Dr. B. N. Gangadhar, Director, NIMHANS
- Dr. H. R. Nagendra, Founder SVYASA
- Dr. R. Nagaratna, Founder SVYASA
- Vaidya P. Rammanohar, Research Director, School of Ayurveda, Amrita Vishwa Vidyapeetham, Kerala
- Prof. E. S. Srinivas, IIM Bangalore
- Prof. Rajen Gupta, MDI Gurgaon and IIM Sirmaur
- Prof. Manish Singhal, XLRI, Jamshedpur
- Dr. Jayaraman M., Director, Research Department, Krishnamacharya Yoga Mandiram
- Prof. Nagaraj Paturi, Director, Indic Academy Inter Gurukula University Centre
- Dr. Shriram Agashe, Visiting Professor and Founding Director Bharatiya Sanskruti Peetham, Somaiya Vidyavihar, Mumbai
- Dr. Ashish Pandey, Associate Professor, SJMSOM, IIT Bombay
- Dr. Rudraksh Sakrikar, Assistant Professor, Bharatiya Sanskruti Peetham, Somaiya Vidyavihar, Mumbai

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

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

• **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 the Conference Manager :

Ms. Sushama Kale

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| Organised by |
Indian Institute of Technology Bombay

