



One-Day National Conference

Yoga for Mental and Physical Health : Scientific Perspective and Trends in Emerging Research Fields

sponsored by Inter-University Centre for Yogic Sciences (IUCYS)

11 March 2024

Organized by

**Department of Psychology
Doon University, Dehradun (Uttarakhand)**

in Collaboration with

Bharatiya Counselling Psychology Association





Chief Patron
Prof. Surekha Dangwal

Vice-Chancellor, Doon University, Dehradun, Uttarakhand

Chief Guest



Director

Prof. Avinash Chandra Pandey

Inter-University Centre for Yogic Sciences
(IUCYS)

Special Guest



President

Dr. Ashutosh Srivastava

Bharatiya Counselling
Psychology Association

Guest of Honour



Director

Prof. Durgesh Pant

Uttarakhand State Council for Science and
Technology (UCOST)

Keynote Speakers



Prof. Yogesh Singh

Department of Physiology,
AIIMS, Rishikesh



Dr. Vikram Rawat

(Additional Professor)
Department of Psychiatry,
AIIMS, Rishikesh



Dr. Jayvardhan Singh

(Associate Professor)
Dept of Physiology, GSVM Medical
College, Kanpur, U.P.

Organizing Committee



Dean

Prof. Rajendra P. Mangain

School of Social Sciences
Doon University, Dehradun,
Uttarakhand



Secretary

Dr. Savita Karnatak Tewari

Head, Department of Psychology
Doon University, Dehradun,
Uttarakhand



Organising Secretary

Dr. Rajesh Bhatt

Department of Psychology
Doon University, Dehradun,
Uttarakhand

About Doon University

The university is located in the lush green foothills of Shivalik. It is dedicated to promoting excellence in teaching and research while offering a full range of multi-disciplinary academic programmes at the undergraduate, postgraduate and doctoral level. A unitary and residential university located on the outskirts of the city, it has a scenic campus with a state-of-art infrastructure, stunning architecture and a soothing environment.

Aiming at creating an autonomous and accountable institution of higher learning, the university was established by the Government of Uttarakhand by Doon University Act, 2005 (Uttaranchal Adhiniyam Sankhya 18 of 2005) and recognized under 12 (B) of UGC Act. The spirit of the Act is to create an autonomous and accountable institution of higher learning. Accordingly, the university intends to impart socially and economically relevant education. It also aims to provide lead in frontier areas of research and pedagogy. Having a huge and challenging mandate, the university started its first academic session in August 2009 and has stood up to the challenges during such a relatively short period of time.

About BCPA

Bharatiya Counselling Psychology Association is an initiative by the counselling psychology professionals to develop a common platform for sharing the learning and concerns; developing standards and guidelines for practice, teaching and training; and to give a collective voice to the needs of the discipline. It also aims to ensure the quality of mental health services to the people of India by awareness building, evidence building, research, and facilitating the easy access of the services to the people.

About Conference

Mental health is a critical aspect of overall well-being, and the role of holistic approaches such as Yogic Science in promoting mental wellness cannot be overstated. There is a famous quote “Unleash the remarkable capacity of mental health through Yoga: it's not a final point but rather a process of profound transformation.” The proposed one-day conference aims to bring together experts, practitioners, and enthusiasts to explore the intersection of mental health and Yogic Science. By delving into the ancient wisdom of yoga and its contemporary applications, the conference seeks to foster a deeper understanding of how Yogic practices can contribute to mental health and well-being.

How to Reach Doon University

The city of Dehradun is well connected by air, rail and road networks. The distance of the University campus from railway station and ISBT is about 7 km and Airport is located at 25 km.

About Dehradun City

Nested in the mountain ranges of the Himalaya, Dehradun is one of the oldest cities of India and is the provisional capital of Uttarakhand state. Also known as the 'Adobe of Drona', Dehradun has always been an important center for Garhwal rulers which was captured by the British. It is the headquarters of many National Institutes and Organizations like ONGC, Survey of India, Forest Research Institute, Indian Institute of Petroleum, Indian Institute of Remote Sensing, etc. Some of the premier educational and Training Institutes like Indian Military Academy, RIMC (Rashtriya Indian Military College), Indira Gandhi National Forest Academy (IGNFA) and Wadia Institute of Himalayan Geology are located in Dehradun. The city is also known as 'education hub' which has several premier schools, colleges and over a dozen universities. It is a favored tourist destination as it attracts tourists, pilgrims and enthusiasts from various walks of life to its serene environs. The weather of the city during the month of April is generally pleasant with temperature ranging between 32.1°C and 16.7°C with almost no humidity. The evenings are generally marked by gentle breeze. No warm clothing is needed during the period of the conference.

Accommodation

Moderate accommodation shall be arranged for the outside delegates within and nearby University's campus. Those willing to arrange their own accommodation may also opt for hotels which offer very competitive prices during that season. Delegates are requested to send their registration fee and travel plans along with details of accompanying persons well in advance. No on-spot accommodation will be provided to anyone.

Objectives

Knowledge Exchange: Facilitate the exchange of knowledge between mental health professionals, researchers, and practitioners of Yogic Science and psychology to enrich their understanding of each other's domains.

Awareness and Education: Initiate awareness, discussion, debate about the impact of Yogic practices on mental health and disseminate evidence-based information to encourage the integration of these practices into mainstream mental health care. Encourage to introduce the concepts related to Psychology based on Bharatiya Knowledge System

Practical Applications: Explore and demonstrate practical applications of Yogic Science in managing and preventing mental health challenges, fostering resilience, and promoting overall psychological well-being. Encourage innovation of evidence-based psychotherapies grounded on the Knowledge of Patanjali Yoga Sutra, Samkhya Yoga, Astavakra Geeta, Avadhut Geeta etc. that can be implemented in Bharatiya setting.

Community Engagement: Engage the community in open discussions, workshops, and interactive sessions to encourage the adoption of Yogic principles for mental health maintenance.

Sub-Themes

Yoga and Stress Management:

1. Understanding the role of Yogic practices in mitigating stress and promoting relaxation.
2. Yoga for stress reduction program and wellbeing at work

Mind-Body Connection:

1. Exploring the connection between mental and physical well-being through Yogic Science.
2. Yoga and other traditions and practices of mindfulness and introspection or self-inquire

Textual evidence in Bharatiya ancient manuscripts

1. The concept of Mind, Consciousness, Purusha in Yoga
2. Textual evidence of yoga practices and mental health treatments found in Bharatiya ancient manuscripts.

Integrating Yoga with neuroscience and psychology

1. Views and basis of neuroscientific research on yoga
2. Integrating the concepts of yoga knowledge, Samkhya with Western psychology and neuroscience

Meditation and Mindfulness:

1. Delving into the benefits of meditation and mindfulness techniques for mental health.

Use of Yoga on personality and emotional Regulation:

1. Yoga for resolving conflicts both within and between people
2. Yoga and its impact on various dimensions of personality
3. Examining how Yogic practices contribute to emotional balance and resilience.

Integrating Yoga into Clinical Practice:

1. Combining psychotherapy and the practice of yoga and its concepts
2. Yogic interventions in clinical settings for mental health treatment.
3. Mental Health and Intervention program based on online yoga teaching
4. Effect of yoga on school children, adolescents, adults and older adults.
5. Yoga for the mental well-being of those with special needs and those with disabilities.
6. Impact of yoga on the behaviour of juvenile offenders and prisoners.

Target Audience

- Mental health professionals (psychologists, counselors, therapists, clinical Psychologist, Rehabilitation psychologist)
- Yoga instructors and practitioners
- Medical professionals (psychiatrist, Doctors, Medical Social Worker, Medical Psychiatric worker, Nurses)
- Scientists, researchers, academicians and students in the fields of mental health and yoga
- Individuals interested in holistic well-being

Participants can present paper through online mode too.

Call for Papers

We invite students, researchers, academicians and practitioners to submit their scientific papers for presentation at the National Conference entitled “Yoga for Mental and Physical Health: Scientific Perspective and Trends in Emerging Research Fields”.

The authors should adhere to the following for both abstract and the full-length paper.

Length	Abstract 300-500 words Full Paper 3000-5000 words
Margin	2.5 cm / 1 inch
Font	Times New Roman, 12 point (spacing 1.5)
Reference	APA Format
Title	Title, Author(s), Affiliation(s), Contact Details
Page Key Words	4-5 words

Contact- +91-90121 74819 Mr Deepak Kumar [Research Scholar] for more details

Important Dates

Abstract submission deadline

03.03.2024
25.02.2024

Notification of Acceptance

04.03.2024
27.02.2024

Final Paper Submission

05.03.2024

Abstract & Research Paper Submission Guidelines

- Original research paper, case studies and reviews are welcomed.
- Submission should be sent as PDF attachments to **psydoon123@gmail.com**
- Best paper presentation will be awarded.
- Submission deadline: Follow the deadlines given and submit the final version of your paper on topics relevant to the conferences theme through the given email address before deadline.
- Sources should be clearly cited and papers should not be plagiarized. Plagiarized papers will attract a disqualification and will not be considered for publication in the Conference Proceedings. Selected papers may be published in a journal after rigorous peer review.

Registration Details

Participant Type	Fee (Before 25.02. 2024)	Fee after 25.02.2024 to 06.03.2024
Students (UG/PG)	Rs. 500	Rs. 600
Research Scholar	Rs. 1000	Rs. 1200
Academicians (With Accommodation)	Rs. 2000	Rs. 2500
Per Accompanying Members	Rs. 1500	Rs. 1500
Academicians (Without Accommodation)	Rs. 1200	Rs. 1800
Online Paper Presentation	Rs. 1000	Rs. 1000

Participant Details

Name of Account : Doon University-Conference/Seminar

Account No. 58930100004247

Bank Name : Bank of Baroda

IFSC Code: BARBOAJABPU

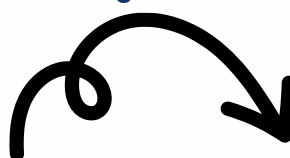
Address: Ajabpur Kala, Near Bengali Kothi, Dehradun, Uttarakhand

After this due date, no requests shall be considered for the participation in the Conference.

To register, kindly fill out the Google Form by scanning the

QR code or clicking on the given link

<https://forms.gle/L8KkADD5NnP4zi8e8>



Contact- +91-90121 74819 Mr Deepak Kumar [Research Scholar] for more details

Chief Patron

Prof. Surekha Dangwal, Vice-Chancellor,
Doon University, Dehradun, Uttarakhand

Secretary

Dr Savita Karnatak Tewari,
Head, Department of Psychology

Organising Secretary

Dr. Rajesh Bhatt,
Department of Psychology

Organizing Committee

- [1] Prof. R. P. Mangain, Dean, School of Social Sciences
- [2] Prof. H.C. Purohit, Head, School of Management
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- [16] Mr Sanjeev Rawat

Review Committee

- [1] Prof Madhu Lata Nayal, SSJ University, Almora
- [2] Prof Rashmi Pant, Kumaun University, Nainital
- [3] Dr Savita Karnatak Tewari, Doon University
- [4] Dr Sangeeta Khullar, Associate Professor, MKP College, Dehradun
- [5] Dr. Ashutosh Srivastava, Associate Professor, Assam Downtown University