



ज्ञानगंगा घरोघरी

Yashwantrao Chavan Maharashtra Open University

Dnyangangotri Near Gangapur Dam, Nashik, Maharashtra
(India)



National Conference on Yoga

YOG DARSHAN - 2024

योगदर्शन - २०२४

28 & 29 June, 2024



Organized by

School of Health Sciences,

Yashwantrao Chavan Maharashtra Open University

The National Conference on Yoga named as '**Yog Darshan-2024**' has been organized by Yashwantrao Chavan Maharashtra Open University for two days on 28 & 29 June, 2024, for bringing the pearls of Yoga Shastra close to the humanity.

The Theme

'Yog Darshan - 2024'

A common platform for various streams and practices, theories, concepts and ideas in Yoga.

The Objective:

- ❖ To initiate an interest in the knowledge of Yoga.
- ❖ To understand the Yoga deeply and clearly.
- ❖ To inspire participants to study and understand Yoga Texts.
- ❖ To develop interest in the comparative study of Yoga Texts and commonly available yoga practices

The Methodology:

- ❖ Three multi-track presentations
- ❖ Research Paper
- ❖ Research Article
- ❖ In Marathi, English and Hindi
- ❖ Common sessions
- ❖ Questions and Answers session

Who can participate?

1. Yoga Teachers and Professionals
2. Sanskrit, Philosophy Teacher and
3. Yoga Enthusiasts
4. Students Studying Yoga

Contents of the Conference:

- ❖ Paper presentations
- ❖ Reading of research articles
- ❖ Key note address
- ❖ Asana and Kriya Demonstrations

Invitation for Research Paper & Research Article:

- ❖ Paper and Article Presentations have an important role in the conference and participation with papers on theme and sub-theme are invited from the participants from various stakeholders. The conference will offer the researchers an opportunity to present papers and research articles front of the intellect gathering. There will be Interactive sessions on yoga philosophy by renowned persons in Yoga field.
- ❖ Papers can be in Marathi, English or Hindi. Kindly send one Page abstract with paragraph margin of an inch, single space between lines set to A4 size.
- ❖ Registration is mandatory for acceptance of abstract or full paper.

Send your abstract at - ycmou.yogaconference@gmail.com

Themes and Subthemes for Research Papers, Research Articles

Traditional Yogic texts

- Yoga Darshana
- Rear texts of yoga e.g. Swara Vidnyan, Vidnyan Bhairav

Yoga and Physiological Effects

- Yoga and Ayurveda
- Yoga for Pain Management
- Yogic Diet and Nutrition
- Yoga and Nature Cure
- Yoga for fitness

Yoga and Psychology

- Yoga for Mental Health and Well-being
- Yoga for Stress Management
- Types of Meditation

Yoga and Various Sector

- Yoga and IKS
- Yoga in Education
- Yoga in Industry
- Yoga as a Career
- Yoga and Economic growth
- Yoga Extending the Boundary

Venue

At the Campus of Yashwantrao Chavan Maharashtra
Open University, Nashik

The Atmosphere:

Most beautiful, salubrious, green, natural, calm, serene and peaceful residence.

Food and Accommodation:

Simple vegetarian food will be served. Accommodation as per availability, as per early registrations & sharing basis will be provided within the campus.

Important Dates

- **Last Date to submit the Abstract: 30 May 2024**
- **Last Date to submit final full paper: 10 June 2024**

Registration

Registration amount includes food, accommodation and conference material.
(Accommodation on first come first serve basis as per earlier registration)

- Offline Participant Registration Fee - **Rs.2000 /-**
<https://ycmou.unisuite.in/t/223>
- Online Participant Registration Fee - **Rs.1500 /-**
<https://ycmou.unisuite.in/t/224>
- For Students of Diploma in Yoga Teacher (Online/Offline) Fee-
Rs.1500/-(Only Academic Year 2023-24)
<https://ycmou.unisuite.in/t/224>

After Paying Registration Fee you will get receipt on Your Email Please Upload receipt in your Google form.

Process of Registration

- **Step 1** -Pay Registration Fee & get receipt on Your Email



- **Step 2** - Fill in the Google form the link given below

<https://forms.gle/LdXLXNvS1XoaSxrA9>



- **Step 3** – Send your Abstract on mail ID-ycmou.yogaconference@gmail.com

- **Last Date for Registration is :10 th June, 2024**

You are welcome to reach Nashik on 28th June 2024 by 08.00 AM

- **For all further details contact at - yogaycmou@gmail.com**

Food and accommodation Vegetarian food will be provided.

Accommodation On sharing basis will be provided within the campus.

(As per early registrations and availability.)

Selected research papers will be published in recognized journals.

Chief Patron

Prof. Sanjeev Sonawane

Vice Chancellor

Yashwantrao Chavan Maharashtra Open University,
Nashik

Dr.Jogendrasingh Bisen

Pro- Vice Chancellor

Yashwantrao Chavan Maharashtra Open University,
Nashik

Organizer

Dr. Jaydeep Nikam

Director, School of Health Sciences,
Yashwantrao Chavan Maharashtra Open University,
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About any query related to conference kindly contact

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