



NATIONAL CONFERENCE

ON

An Integrated Approach of Yoga, Naturopathy & Psychotherapy for Mental Wellbeing

organized by

Lakulish Yoga University, Ahmedabad



27–28 February & 1 March 2026

Registration Link



<https://forms.gle/fvqkGLUFvmhXnhJj8>

Lakulish Yoga University



Lakulish Yoga University (LYU) is the first private university in Gujarat dedicated exclusively to Yoga education. Established in April 2013 by Brahmalin Param Pujya Swami Rajarshi Muni under the Gujarat Private Universities Act, 2009, the University was inaugurated on 23 May 2013 by the Hon'ble Prime Minister of India, Shri Narendrabhai Modi, at its Lotus View Campus on S.G. Highway, Ahmedabad. LYU is recognized under Section 2(f) of the UGC Act, 1956.

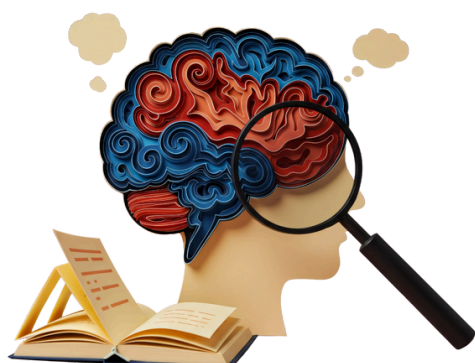
Rooted in a rich spiritual lineage inspired by Brahmalin Param Pujya Guru Swami Kripalvanandaji, the University integrates the ancient wisdom of Indian Yoga with modern scientific and evidence-based approaches. LYU offers undergraduate, postgraduate, doctoral, and professional programmes through its two core faculties—Ashtanga Yoga and Karma-Gyana-Bhakti Yoga—following a learner-centric and research-oriented academic framework.

Committed to academic excellence, research, and holistic development, Lakulish Yoga University actively contributes to national and international yoga education, research, and competitions, promoting Yoga as both a scientific discipline and a way of life for global wellbeing.

Subthemes of the conference for discrete scientific papers

Theme 1: Foundations of Mental Wellbeing – Yogic, Naturopathic & Psychological Perspectives

- Conceptual and philosophical foundations of mental health
- Yogic psychology and Indian Knowledge Systems
- Holistic and bio-psycho-spiritual models of wellbeing
- Ethical, cultural, and spiritual dimensions of mental health



Theme 2: Yoga & Mind-Body Practices for Mental Health

- Asana, Pranayama, Meditation, and Mindfulness for mental wellbeing
- Yoga-based interventions for stress, anxiety, depression, and trauma
- Raja Yoga, emotional regulation, and cognitive balance
- Evidence-based Yogic practices and neuropsychological effects



Theme 3: Naturopathy, Lifestyle & Preventive Mental Healthcare

- Naturopathic principles in mental health promotion
- Diet, fasting, sleep, circadian rhythm, and lifestyle management
- Detoxification, hydrotherapy, and natural healing approaches
- Preventive and promotive mental healthcare models

Theme 4: Psychotherapy & Integrative Therapeutic Approaches

- Contemporary psychotherapeutic approaches to mental health
- Integrative counselling models combining Yoga and psychotherapy
- Clinical case studies and interdisciplinary treatment protocols
- Mental healthcare across the lifespan and special populations

Theme 5: Research, Clinical Evidence & Public Health Applications

- Research methodologies in Yoga, Naturopathy, and Psychotherapy
- Clinical trials, outcome studies, and evidence-based practices
- Mental health education, policy, and community interventions
- Post-pandemic mental health challenges and rehabilitation



Organising Committee

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President, Lakulish Yoga University

Patron

Shri. Rahilbhai Patel
Vice President, Lakulish Yoga University

Shri. Ashoksinh Gohil
General Secretary, LIFE Mission

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Shri. Shivam Tripathi
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Member of Board of Management, Lakulish Yoga University

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Assistant Registrar (Exam),
Lakulish Yoga University

Dr. Satyajitsinh Zala
Assistant Professor,
Lakulish Yoga University



Organising Committee

- **Dr. Shobhnadevi Gohil**, HoD, Department of Karm Gyan Bhakti Yoga, Lakulish Yoga University
- **Dr. C. Nagraj**, Head & Associate Professor of Life Sciences & Yoga Therapy, Lakulish Yoga University
- **Dr. Shagun Tuteja**, Assistant Professor, Department of Ashtang Yoga, Lakulish Yoga University
- **Dr. Hina Mori**, Assistant Professor, Department of Karm Gyan Bhakti Yoga, Lakulish Yoga University
- **Dr. Aishwarya Jadeja**, Assistant Professor, Department of Ashtang Yoga, Lakulish Yoga University
- **Dr. Mina Patel**, Assistant Professor, Department of Karm Gyan Bhakti Yoga, Lakulish Yoga University
- **Dr. Divyansh Jain**, Assistant Professor, Department of Ashtang Yoga, Lakulish Yoga University
- **Dr. Kushagra Trivedi**, Assistant Professor, Department of Karm Gyan Bhakti Yoga, Lakulish Yoga University
- **Dr. Vanita Chandrate**, Assistant Professor, Department of Karm Gyan Bhakti Yoga, Lakulish Yoga University
- **Dr. Akhilesh Vishwakarma**, Assistant Professor, Department of Ashtang Yoga, Lakulish Yoga University
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- **Smt. Aishwarya Shah**, Chief Account Officer, Lakulish Yoga University
- **Shri. Mitesh Prajapati**, Accountant, Lakulish Yoga University
- **Shri. Jasvantbhai Patel**, Computer Operator, Lakulish Yoga University
- **Smt. Jinal Bhatt**, Computer Operator, Lakulish Yoga University



Important Guidelines

- **The full paper must be submitted as a MS Word file.**
(PDF format is not accepted).
- **Before submitting your paper, please ensure that the language used is clear, concise and coherent.**
- **Font size & Fonts, Margin, Alignment**
Size: 12
Sanskrit & Hindi: Mangal, Gujarati: Shruti, English: Times New Roman
Normal Margin
Justified Alignment
- **All the citations should be furnished in the Works Cited section at the end of the paper.**
- **An early submission of the full paper for publication will be highly appreciated.**
- **Papers will be accepted subject to scrutiny and editorial review.**
- **Selected papers will be considered for publication in the following:**
 - 1. Divyayatan: A Journal of Lakulish Yoga University**
Online National Peer-Reviewed Journal, E-ISSN: 3048-4928
Journal Link: <https://divyayatan.lyu.ac.in/index.php/divyayatan>
 - 2. National ISBN Book Published by Lakulish Yoga University**
- **All presenters must register by paying full registration fees by **31st January 2026** failing which their papers may not be included in the conference programme.**
- **If there are more than one authors for a paper, separate registration and payment is required to be done.**

Step by Step Guidelines

- **Access the Registration Form**

Click on the registration link: <https://forms.gle/fvqkGLUFvmhXnhJj8>

- **Complete Registration Details**

Fill in all necessary details on the Google form.

Locate the payment link provided within the form.

- **Make the Payment**

Click on the payment link, and follow the steps to complete the payment.

- **Complete the Registration Form**

Paste the Payment ID in the designated field within the Google form.

Submit the form to complete your registration.

- **Join the WhatsApp Group**

After submitting the registration form, a WhatsApp group joining link will appear.

Click on the link and join the group to stay updated with conference information.

- **Registration Completion**

Seats are limited, so please complete your registration as soon as possible.

Registration may close early if seats fill up before the deadline.

- **Submit Your Article**

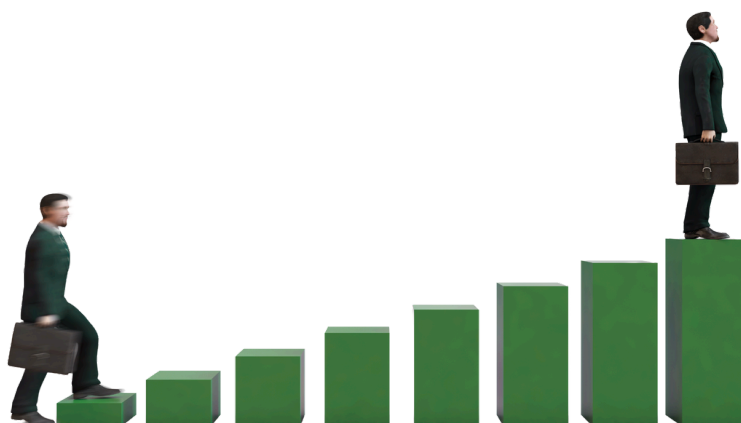
After successful registration, mail your article on conference2026@lyu.ac.in

Submit your article by the specified deadline.

- **Await Acceptance and Further Instructions**

Wait for our response regarding your article's acceptance.

- **By following these steps, your registration and article submission process will be successfully completed.**



Article Structure Guidelines

- **Title:**
Title of the Article
- **Authors' Details:**
Full names, designations, affiliations, emails & ORCID of all authors
- **Abstract:**
Maximum 300 words
- **Keywords:**
5-6 keywords
- **Introduction**
- **Literature Review**
- **Objectives**
- **Methodology**
- **Discussion**
- **Conclusion**
- **Conflict of Interest**
- **References & Bibliography**

PPT Structure Guidelines

- **Title (1 Slide)**
- **Introduction (1 Slide)**
- **Objectives (1 Slide)**
- **Discussion (3 Slides)**
- **Conclusion (1 Slide)**
- **References (2 Slides)**
- **Thank You (1 Slide)**
- **Total Presentation Time: 5 minutes**
- **Total Slides: 10 slides**

IMPORTANT DATES

Registration Deadline

31

January
2026

Paper Submission
Deadline

05

February
2026

Notification of
Acceptance

10

February
2026

PPT Submission
Deadline

20

February
2026

Conference Date

27-01

February-March
2026

Registration Fees

Sr. No.	Category	Amount (₹)
1	Academicians & Others	2,500
2	Research Scholars	2,000
3	UG & PG Students	1,500

Enquiry Contact

- | | |
|-------------------------|----------------|
| • Dr. Prakash Patel | +91 9723411415 |
| • Dr. Satyajitsinh Zala | +91 9428494842 |

The registration fee covers the kit, accommodation, and other amenities, excluding transportation.

Scan for Registration



Venue



Lakulish Yoga University

Rajrajeshwardham

LIFE Mission Hq. Campus, NH8A, Village: Jakhan,

PO Box 27, Limbdi, Surendranagar - 363 421, Gujarat.

Mail for submission of Full Article:

conference2026@lyu.ac.in