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INTERNATIONAL
CONFERENCE

INTEGRATION OF YOGA IN HIGHER EDUCATION

HARMONISING MINDS AND ACADEMIA

03 MAR
2024

MUMBAI





Books have to be taught for examinations. But it is the atmosphere you create that gives real education.

- Swami Kuvalayananda



Why a conference on Yoga for Higher Education?

Yoga's significant role in education cannot be overlooked. At its core, yoga is a profound science that integrates all dimensions of human personality - physical, mental, social, and spiritual.

Education is more than just preparing for a livelihood; it's a journey towards leading a fulfilled life. Going beyond career success, true education aims to cultivate a well-rounded personality, nourishing every aspect of one's being. The most impactful and enduring way to achieve this is by seamlessly integrating yoga into education - from syllabi and curricula to institutional systems.


Today, the popularity of yoga is undeniable, and its potential to shape future generations is boundless. Imagine a generation that embraces physical vitality, emotional and mental stability, compassion, intellectual sharpness, and spiritual awakening. By incorporating yoga into education, we create a solid force that nurtures a harmonious universe - where all coexist in health and balance.

Anecdotal and empirical evidence proves that schools integrating yoga into their curricula witness enhanced learning experiences - with reduced stress levels, improved focus, and increased attention spans among students.


With this vision in mind, we gather in Mumbai, India, to deliberate the multifaceted role of yoga in Education. Together, let's unravel potential roadblocks and collaboratively explore practical solutions to overcome them.

Join us as we come together to contemplate, discuss, and bring clarity to our collective vision for transforming education with the timeless wisdom of yoga.

Conference Objectives

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1. To provide a forum to explore the ways of incorporating Yoga to enhance higher educational practices.
 2. To foster multidisciplinary research on yoga in higher education.
 3. To facilitate the exchange of best policies and practices (including the educational aspects) for implementing yoga in higher educational systems.

Programme Schedule

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|------------|---|
| 10.00 a.m. | Inaugural Function |
| 11.15 a.m. | TEA BREAK |
| 11.30 a.m. | Plenary Session
Yoga in National Education Policy (NEP) - Navigating Challenges and Embracing Opportunities |
| 12.45 p.m. | LUNCH |
| 2.00 p.m. | Panel Discussion
Empowering Human Development through Yoga Education |
| 3.15 p.m. | TEA BREAK |
| 3.30 p.m. | Your Vote Your Voice |
| 4.00 p.m. | Experiential Session |
| 4.30 p.m. | Valedictory |

Conference

Themes & Sessions

KEY PEOPLE



Shri Suresh Prabhu

**Chairman, Centennial Committee, Kaivalyadhama,
Former Cabinet Minister, Chancellor - Rishihood University**

Shri Suresh Prabhakar Prabhu is a renowned Chartered Accountant, Banker, Cooperator, Policy Maker, Strategist, Change Leader, Senior Politician, and Former Senior Parliamentarian of India. Over the course of 30 years, Mr Suresh Prabhu has held 10 important cabinet portfolios at the federal level in the Government of India, including Industry, Power, Environment & Forest, Railways, Civil Aviation, Commerce and industry, and Fertilizers & Chemicals. Additionally, he has served as the Prime Minister's Sherpa to the G7 and G20, playing a crucial role in shaping the official agenda of the Government of India on critical issues for the G7 and G20 Summits.



Shri Samir Somaiya

**Chairman and Managing Director, Godavari Biorefineries Ltd,
President of Somaiya Vidyavihar and Chancellor of Somaiya Vidyavihar University**

Samir Somaiya is a distinguished leader with a remarkable portfolio encompassing diverse sectors. As Chairman and Managing Director of Godavari Biorefineries Ltd, he drives the company's sustainable solutions for renewable chemicals and biofuels. Additionally, he holds key positions as the Chancellor of Somaiya Vidyavihar University and President of Somaiya Vidyavihar. He also holds the position of President, Indian Chamber of Commerce, advocating for economic growth and trade. Samir Somaiya has been recognized with numerous prestigious awards throughout his career, showcasing his exceptional contributions and achievements. He serves as the Chairman of K.J. Somaiya Trust, K.J. Somaiya Medical Trust, K.J. Somaiya Institute of Applied Agriculture Research, and The Girivanvasi Pragati Mandal. founder of the Research Innovation Incubation Design Laboratory (riidl), a Business Incubator that supports young entrepreneurs and fosters innovation. A Master of Public Administration from Harvard University, an MBA, Master of Chemical Engineering, and Bachelor of Science in Chemical Engineering from Cornell University, Samir Somaiya stands as an accomplished leader, leaving a positive impact on various spheres of society.



Shri V. N. Rajasekharan Pillai

**Vice Chancellor of Somaiya Vidyavihar University,
Prof. Chemistry of Somaiya Vidyavihar & Somaiya Ayurvihar**

Shri V.N. Rajasekharan Pillai has been at the helm of affairs of many higher educational and scientific research establishments for the last 47 years of service as a teacher, researcher, professor, and executive head of Education, Science and Technology establishments in the country and abroad.



Shri Nanik Rupani

**Founder & Chairman Emeritus, Priyadarshni Academy
Chairman, Roopmeck Electricals Pvt. Ltd.**

Every now and then we see an entrepreneur who has the remarkable ability to channel his business acumen and philanthropic endeavours to make positive changes in society. Mr Nanik Rupani, as Chairman of Roopmeck Electricals Pvt. Ltd and Founder & Chairman Emeritus of Priyadarshni Academy, a renowned non-profit organisation based in Mumbai, exemplifies this unique journey. A pioneer in bringing new technology and video conferencing services to India, Mr Rupani's visionary leadership has not only addressed national needs but has also generated business opportunities, created new jobs and revolutionized telecommunication in the country.



Shri Subodh Tiwari

Hon Secretary | CEO, Kaivalyadhama

Shri Subodh Tiwari was born in the yogic atmosphere at Kaivalyadhama Lonavala. At a young age he received spiritual initiation from Swami Digambarji, the Director and spiritual head of Kaivalyadhama Yoga Institute. In 1997 he decided to devote his life to the Kaivalyadhama Yoga Institute and to serve it.



Dr Pallavi Nalawde Jambhale

Associate Professor, K.J. Somaiya Institute of Dharma Studies

Dr Pallavi Nalawde Jambhale has been associated with the K.J. Somaiya Centre for Buddhist Studies, Mumbai for nearly two decades and is currently engaged as Head, Centre for Buddhist Studies. She is involved in teaching undergraduate and postgraduate courses related to Buddhist studies and Ancient Indian History, Culture and Archaeology. She has presented various papers at national forums as well as international forums which included 'Buddhism in Deccan during 2nd C.B.C. to 2nd C.A.D' and 'Syncretism in South and Southeast Asia; Adoption and Adaptation' among others. A member of the Board of Studies, AIHC and Buddhist Studies, also an invitee member of Board of Studies, Department of History, Fergusson

College, Pune, undertakes study tours for students for hands-on practical experience at various Buddhist sites such as Nashik, Kanheri, Kuda, Ajanata and Ellora among others. Her primary areas of teaching, interest and focus remain - specialization in rock-cut architecture, ancient Indian history and culture and Buddhist art and architecture.

PLENARY SESSION

Yoga in National Education Policy (NEP) - Navigating Challenges and Embracing Opportunities

The integration of Yoga into the New Education Policy (NEP) represents a transformative approach to education, serves as a platform to engage in meaningful discussions, share experiences, and chart a path forward for the seamless integration of Yoga into education. By addressing challenges and leveraging opportunities, we can pave the way for a more holistic and enriching educational experience for the learners of tomorrow.

The plenary discussion will host eminent speakers, important policy makers, leading educationists and yoga experts to:

- Discuss the challenges faced by institutions in providing the necessary infrastructure and resources
- Examine the cultural and societal perceptions surrounding Yoga in education and strategies to address potential resistance
- Explore how Yoga can enhance the existing curriculum, offering a unique approach to subjects and fostering creativity and critical thinking.
- Discuss the need for comprehensive teacher training programs to equip educators with the knowledge and skills to integrate Yoga seamlessly into the learning environment.



SPEAKER # 1

Dr Ganesh Rao

Chief Advisor – Academics and Training, Kaivalyadhama

Dr N. Ganesh Rao is a highly acclaimed and inspiring name in the field of Yoga in India having conducted till date more than 19000 sessions of Yoga covering all its aspects, theoretical and practical. He has to his credit a Doctorate in Philosophy and is a Professor and Ph. D. Guide in Yoga and Philosophy. His other qualifications include Master of Commerce (M.Com.), Master of Arts (M.A. in Philosophy), Diploma in Management Studies (D.M.S.), Diploma in Naturopathy (D.N.), Diploma in Yoga Education (D.Y. Ed.), Madhyama Yoga Siksha Certificate and Specialist Instructor in First Aid and Home Nursing. Dr Rao is an Advisor to and Member of Board of Studies of Kaivalyadhama, a Member of Board of Studies of Sri Sri University, Bhubaneswar, a Visiting Faculty in K.J. Somaiya Institute, Mumbai University, Yoga alliance (USA) and ITM (for Western Philosophy). He has served as Secretary of Certification Committee and Technical Expert (Yoga) with QCI, a Member of Selection Panel with ICCR.



SPEAKER # 2

Dr Ishwar V. Basavaraddi

**Former Director of Morarji Desai National Institute of Yoga (MDNIY),
Ministry of Ayush, Govt of India**

Dr Ishwar V. Basavaraddi, a renowned Yoga Scientist, Philosopher, and Master with 35+ years of teaching and research, is celebrated for developing specialized Yoga protocols for various health conditions and demographics. He has trained countless Yoga enthusiasts and teachers, and is a key figure behind the Common Yoga Protocol (CYP), practiced globally. He has hosted International Day of Yoga (IDY) events since 2015, marking his significant impact on the world of Yoga.

PANEL DISCUSSION

Empowering Human Development through Yoga Education

The panel discussion promises to be a beacon of wisdom, featuring distinguished speakers who are trailblazers in the realm of the corporate world, acclaimed psychologists, renowned Yoga experts and prominent public personalities.

As the panel discussion unfolds, we anticipate a rich exchange of ideas and experiences, offering a panoramic view of how Yoga can be a potent tool in empowering human development through education. This gathering of eminent speakers promises to be a source of inspiration for educators, policymakers, and practitioners alike, illuminating the path toward a more harmonious and empowered society through the integration of Yoga into our educational systems.



SPEAKER # 1

Dr Ashish Pandey

Professor - Shailesh J. Mehta School of Management, IIT Bombay, Mumbai

Professor Ashish is a visiting faculty at IIM Ahmedabad, teaching Organization Development, HR Management, and Leadership. He's involved with NBA and Indian Council of Philosophical Research. With over 15 years of experience, he's conducted numerous consulting and training projects for organisation and leadership development. Ashish has authored 50+ research articles on topics including Yoga, positive psychology, and spirituality in the workplace. He co-edited a volume on Indigenous Indian Management and received recognition at various academic forums. Additionally, he's a co-founder of platforms like dharmawiki.org and panchkoshawellbeing.in, focusing on Indian knowledge systems.



SPEAKER # 2

Dr Praseeda Menon

Research Officer & Assistant Professor, Kaivalyadhama

Dr Menon brings over a decade of expertise in studying yoga's psychological aspects. She is committed to inclusive education, introducing yoga to children with special needs, educators, and caregivers. As an Assistant Professor at the G. S. College of Yoga & Cultural Synthesis, she supervises PhD students at the college's research center affiliated with Kavikulaguru Kalidas Sanskrit University, Ramtek, Nagpur. Her credit also includes a substantial body of well-published research and contributions to conferences.



SPEAKER # 3

Shri Sunit Mehra

Partner – Hunt Partners (Leadership Emergent India); Board Advisor, Social Entrepreneur; Practices - Private Equity & Alternate Investments, Consumer & Tech and CSR & Non-Profits

A partner at the firm and a born leader who is adept at keeping an eye on the tree and the forest, Sunit Mehra specialises in Corporate Governance, among other things. He has worked with a large number of corporate boards and is an advisor to several Indian business houses on Corporate Governance. He has co-authored the India Board Report, India's foremost research paper on Corporate Governance, in conjunction with the Confederation of Indian Industry (CII). In the past, he has held the positions of Vice Chairman of the American Chamber of Commerce, Mumbai, and Treasurer of the Wharton Alumni Association of India. He earned his business degree in Marketing Management from the Wharton School of Business as well as a degree in Engineering from the University of Pennsylvania.



MODERATOR

Ms Renu Jain

Yoga Professional, Kaivalyadhama

Renu Jain is a dedicated Yogic Lifestyle Coach with a Masters in Yogshastra from Kaivalyadhama. The unique blend of science and tradition learnt at Kaivalyadhama has inspired Renu to develop and deliver programs which help individuals discover a healthier and happier circle of life by developing complete self-awareness and leading an enriched and productive life. Participants from across the world have benefitted from her workshops and retreats focused on managing autoimmune and other lifestyle-based disorders. Renu is also the founder of Arka Yoga mats – one of the leading Yoga themed designer cotton mats along with being a member of Yoga Sectional Committee of Bureau of Indian Standards. Besides delivering Yoga programs, she is a passionate photographer and a badminton player who believes in living life to the fullest and empowering others to embrace yoga as a constant source of joy and a way of life.

YOUR VOTE YOUR VOICE

Your Vote Your Voice - An interactive session to share opinions, discuss ideas and give opportunity to every participant to vote and voice their point of view, allowing every delegate to be an effective contributor to the conference.

EXPERIENTIAL SESSION

Yoga on a Chair

At times, the demands of a busy schedule and lifestyle can create obstacles for practicing yoga on a mat or attending classes. To address this, we've devised a chair yoga routine that can be easily performed anywhere, even during work breaks, to enhance your overall well-being.



FACILITATOR

Shri Dileep Dauneria

Yoga Professional and Faculty at Kaivalyadhama Mumbai

Dileep Dauneria had the opportunity to learn yogic wisdom from a variety of respected teachers throughout his 18 years of residency at Kaivalyadhama Yoga Institute, where he was born and raised. He has been working in the field of yoga since 2011 and has been associated with Kaivalyadhama, Mumbai, as a lecturer since 2016. He is presently pursuing a Ph.D. from Mumbai University and is a board member and visiting faculty member in the yoga department at HSNC University, Mumbai. He is also a visiting faculty member at Mumbai University, Kalina. He represented Kaivalyadhama for a workshop at Indian Army Camp, Dokhlam, Sikkim, for the Indian Army officers. He was also invited by Mahidol University, Thailand, for a lecture on Patanjali Yoga Sutras.

Who should attend this conference?

- College principals, board members, professors and teachers
- Policymakers
- Educationists
- Students
- Yoga teachers

Embrace the transformative power of yoga in Education and embark on a journey of personal and professional growth.

Join us ONSITE in Mumbai for an insightful day filled with enriching discussions, practical sessions, and inspiring insights. Onsite registration fee includes refreshments, lunch, and a conference kit.

In case you are not able to join us onsite, you can also join the event LIVE online.

Registration Fee: ₹ 500

Register now

Attend onsite

Attend online

Conference Venue

Shrimati Sakarben Karamshi Somaiya Sabhagruha, Mumbai

Nestled in the heart of Mumbai, the Somaiya Vidyavihar Campus stands as a beacon of academic excellence and holistic development. Established by the Somaiya Trust, the campus is a vibrant hub that seamlessly blends tradition with modernity. The lush green campus is eco-conscious and offers a refreshing and energetic environment.



Address:

Gate No. 2, Near Gargi Plaza, Somaiya Vidyavihar Campus, Vidyavihar (East),
Mumbai, Maharashtra 400077, India

Somaiya University

Somaiya Vidyavihar University, with over six decades of rich experience in managing educational institutions and imparting quality education, offers numerous opportunities and multidisciplinary programmes to students worldwide. Somaiya Vidyavihar University is located in the heart of Mumbai and nestled in a vast 50-acre green campus. The university caters to 39,000+ students in diverse fields of education including Design, Engineering, Science, Commerce & Business Studies, Humanities & Social Sciences, Library & Information Science, Management, Religion & Culture, Sports, and Music. Established in 2019, Somaiya Vidyavihar University, Mumbai, is a self-financed, private university recognised by the University Grants Commission (UGC).

Priyadarshni Academy

Established in 1984 by Mr Nanik Rupani and a group of like-minded individuals, Priyadarshni Academy is a leading non-profit socio-cultural and educational organization. Guided by the motto 'Service to Humanity is the Best Work of Life', the Academy, under the adept leadership of Founder & Chairman Emeritus Mr. Nanik Rupani and Chairman Dr Niranjan Hiranandani, has achieved remarkable milestones. The Academy is dedicated to providing educational assistance to students, promoting Indian classical performing arts, presenting literary awards in Indian languages, and publishing books to spread ancient Indian wisdom. Aptly nicknamed 'Asia's Noble Prize', the globally acclaimed Priyadarshni Academy Awards are conferred on dignitaries of both of national and international repute for exceptional contributions in their fields of work.

About Kaivalyadhama

Kaivalyadhama is one of the oldest pioneering yoga institutes in the world.

Founded by Swami Kuvalyananda in 1924, We follow the principles and philosophy of Patanjali's Ashtanga yoga and take pride in teaching traditional yoga in its purest form, with a unique perspective.

Since its inception, Kaivalyadhama has been dedicated to promoting yoga throughout the educational system. Gordhandas Seksaria College of Yoga and Cultural Synthesis has taught thousands of schoolteachers in yoga. Swami Kuvalayananda, the founder, believed that yoga should be integrated into the school curriculum to instill yogic values from a young age. To carry forth his goal, Kaivalyadhama continues to provide courses and workshops for students, instructors, and school personnel.

Kaivalyadhama is the first yoga institute to proactively conduct scientific research for demonstrating the benefits and uses of yoga. We apply this knowledge to deliver holistic well-being and to impart yogic wisdom globally.



MUMBAI | 03 MARCH 2024

Convenor: Ms Renu Jain

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